The Way to a Man's Heart

RECIPES TESTED & TRIED

PUBLISHED BY
Young Matrons' Circle
First Presbyterian Church of Ensley, Alabama
NOVEMBER, 1924

HANDY
COOK BOOK

HOME TESTED RECIPES

PUBLISHED BY
YOUNG MATRONS' CIRCLE
FIRST PRESBYTERIAN CHURCH OF ENSLEY, ALABAMA
NOVEMBER, 1924

WEIGHTS AND MEASURES

1 Teaspoon	60 Drops
3 Teaspoons	1 Tablespoon
16 Tablespoons	1 Cup
1 Cup	½ Pint
2 Pints	1 Quart
2 Tablespoons Butter, Packed Solidly	1 Ounce
2 Cups Butter	1 Pound
1 Square Chocolate	1 Ounce
4 1-3 Cups Coffee	1 Pound
9 Eggs in Shell	1 Pound
5 Cups English Walnuts	1 Pound
4 Tablespoons Flour	1 Ounce
4 Cups Pastry Flour	1 Pound
2 Cups Chopped Meat	1 Pound
5 Cups Rolled Oats	1 Pound
1 7-8 Cups Rice	1 Pound
2 2-3 Cups Brown Sugar	1 Pound
3 1-2 Cups Confectioners' Sugar	1 Pound
2 Cups Granulated Sugar	1 Pound
2 2-3 Cups Powdered Sugar	1 Pound
2 Tablespoons Salt	1 Ounce

Abbreviations

c—stands for cup.
tsp—stands for teaspoon.
tbsp—stands for tablespoon.
doz—stands for dozen
gal—stands for gallon
lb—stands for pound.
qt—stands for quart.
pt—stands for pint.

CONTENTS

Page

Beverages 5 to 8
Bread, Rolls, Muffins, etc. 11 to 27
Custards and Puddings 29 to 43
Cake Fillings, Frosting and Icing 45 to 49
Cake 51 to 58
Canning, Preserving and Pickling 60 to 63
Confections 65 to 67
Egg and Cheese Dishes 69 to 70
Fish, Poultry and Meat 72 to 77
Gingerbread, Cookies, Doughnuts 79 to 80
Ice Cream and Ices 81 to 83
Pastry and Pies 84 to 88
Salads and Salad Dressings, Sandwiches 90 to 96
Sauces 97
Sick, Recipes for the 99 to 100
Soups 101 to 102
Vegetables 104 to 107

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BEVERAGES

COCOA

One-eighth cup cocoa
One-half tsp. cornstarch
One-half c. water
One and one-half c. milk
One-eighth c. sugar
One-sixteenth tsp. salt

Mix cocoa, cornstarch, and water together and boil for 10 minutes. Add the milk and sugar to the mixture and cook over hot water for half hour. Add salt. Beat well and serve. Vanilla may be added to cocoa if desired. The cornstarch may be omitted.

BOILED COFFEE

One Cup

1 heaping tbsp. coarsely ground coffee.
1 tbsp. cold water.
1 cup boiling water.
Bit of crushed egg shell or a little egg white.

Place coffee, cold water and egg in well-cleaned coffee pot and boil for not more than three minutes.

TEA

2 tbsp. tea.
1 pt. boiling water.

Pour boiling water over tea leaves in teapot. Place teapot in a warm place to steep, and in five minutes strain out the tea leaves.

ICED TEA

Pour hot tea in vessel; add 2 pounds of sugar ands erve with ice and lemon. If hot tea is poured over the ice, the flavor is better.

ICED TEA PUNCH

I qt. tea.
6 lemons.
1 qt. water.
1 can pineapple.
2 c. of sugar.

Mix the lemon juice, sugar, and pineapple with the cold tea. When ready to serve, add ice and one quart of water. Fruits may be used in this.

FRUIT PUNCH

3¼ doz. oranges.
2½ doz. lemons.
1¼ qt. pineapple.
1½ qt. raspberry juice.
3 c. tea infusion (3 tsp. to one cup water).
4 lbs. sugar.
2 qts. ice water.

Makes five gallons, or 160 servings.

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PEABODY PUNCH

1 gal. water.
4 lbs. sugar.
2 doz. oranges.
2 doz. lemons.
5 qt. grape juice.
8 eggs (whites).

Freeze. Serves 200 people.

STRAWBERRY PUNCH

Mash two quarts of strawberries to a pulp. Pour over them 3 quarts of water and the juice of two lemons. Stand in a cool place for 4 hours. Strain and stir into the liquid 1½ pounds of loaf sugar. Stir until sugar is dissolved. Strain again. Set in cool place. Serve in glass with crushed ice.

GINGER ALE PUNCH

One quart grape juice, 1 doz. lemons, 2 or 3 bottles of ginger ale, 1 gal. water, 2 c. sugar.

FRUIT PUNCH

1 quart grape juice.
1 can grated pineapple.
1 doz. lemons.
½ doz. oranges.
1 large bottle cherries.
1 gal. water.
3 c sugar.

Add enough water to make syrup and boil a few minutes. Wash the lemons and oranges thoroughly. After they have been squeezed, pour over the rinds a little hot water; let stand a few minutes. Add this to the punch.

RASPBERRY LEMONADE

Boil 1½ cups of sugar in two cupfuls of water for 10 minutes. When this syrup has cooled add four cupfuls of crushed fresh raspberries, juice of one orange and of three lemons, and let is stand in the refrigerator for three hours. Dilute with one quart of ice-water and serve unstrained.

ICED CHOCOLATE

Each glass requires two and one-half tablespoons of chocolate syrup, two-thirds cup of milk, and two tablespoons of finely crushed ice. Shake well ad pour into another glass to serve. Add whipped or marshmallow cream.

CHOCOLATE EGG SHAKE

Prepare as for iced chocolate and add a well-beaten egg. A few gratings of nutmeg or a little cinnamon may be sprinkled on top.

CHOCOLATE ICE CREAM SODA

If a siphon of soda water is kept on hand, and you are handy to a store where vanila ice-cream can be bought, put three tablespoons of syrup in a tall glass, add soda water, stir well, then add vanilla ice cream.

ICED COFFEE

Make extra breakfast coffee, strain, sweeten to taste and add cream or top-milk, and chill. When serving pour it into glasses of cracked ice and add a spoonful of marshmallow cream, an egg well beaten, or vanilla ice cream.

GINGER ALE PUNCH

Slice five lemons very thin and sprinkle one cup of sugar over them and let stand for half an hour in a warm place. At the end of that time turn over it one quart of water and one quart of ginger ale, and strain. Serve in tall glasses of cracked ice, and with whipped cream if desired.

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AUSTRALIAN MUFFINS

2 c. flour (Roller Champion).
1 tsp. baking soda.
2 tsp. cream of tartar.
3 tbsp. sugar.
1 egg.
A pinch of salt.
A little milk.

Mix thoroughly, roll out and cut into rounds. Bake in hot oven for ten minutes.

BROWN BREAD

2c. meal.
1 c. flour.
½ c. molasses.
½ c. sugar.
1 c. sour milk.
1 c. sweet milk.
1 egg.
1 tbsp. melted butter.
1 tsp. soda.
1 tsp. salt.
Raisins if liked.

Bake three quarters of an hour; eat hot or cold.

PANCAKES

1 c. Roller Champion flour.
¼ tsp. salt.
2 tsp. baking powder.
1 c. mlik.
1 egg.
1 tsp. melted fat.

Sift together flour, salt and baking powder; add milk and melted shortening to well-beaten egg; mix thoroughly with dry ingredients and drop by spoonfuls on slightly greased hot griddles. Turn when opper side is filled with bubbles. Do not turn more than once. Have serving plate hot.

TREACLE SCONES

½ lb. Roller Champion Flour.
½ tbsp. treacle.
½ tsp. baking soda.
1 tbsp. butter.
½ tsp. mixed spice.
1 handful raisins.

Put treacle and butter in an oven to heat. Mix all other ingredients together. Add treacle and a little buttermilk. Make into a soft dough; turn out into a greased tin. Bake in moderate oven for 15 minutes.

CHEESE STRAWS

2 c. Roller Champion Flour.
1 c. grated cheese.
2 tbsp. butter.
1 tsp. salt.
⅛ tsp. cayenne pepper.
Ice wate to mix.

Sift salt and pepper with flour, chop in the butter. Mix in the cheese and use just enough water to make into stiff, dry dough. Roll out, fold, and roll again, turning each time, using as little flour as possible. When smooth and pliable roll out to one-fourth inch thickness, cut into straws, biscuit or rings, bake in a moderate oven until crisp. When making the dough if it can stand on ice for half an hour it works better. Do no knead the dough, only roll and fold until smooth.

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QUICK BREAKFAST PUFFS

2 eggs.
1 c. milk.
1 tbsp. butter (melted).
1½ c. Roller Champion Flour.
2 tsp. baking powder.

Beat eggs very thoroughly and add the milk. Sift flour, salt, and baking powder twice. Add to the liquid ingredients, beat two minutes. Add melted butter, beat thoroughly. Pour into hot, well-greased muffin pans and bake 20 minutes in a hot oven.

BROWN BREAD

2-3 c. raisins.
1 c. bran.
½ c. sugar.
1 c. Roller Champion Flour.
1 c. buttermilk.
1 tsp. soda.

Mix well. Place in coffee can and steam for 2 hours. When done take out of can and dry out in oven a few minutes.

LIGHT BREAD

1 c. mashed potatoes.
1 c. yeast.
1 c. potato water.
2 tsp. salt.
1 c. scalded milk (cooled).
2 eggs, well beaten.
½ c. sugar.

Dissolve yeast in water, sugar in milk; add to potato and egg; Add flour to make thick batter; sponge one hour or over night if in the ice box. Work in one quart of flour to make out loaves. Let rise one to two hours. Bake in moderate oven.

BISCUITS

1 tsp. baking powder.
½ tsp. soda.
1 tsp. salt.
2-3 sifter Roller Champ. Flour.
Heaping tbsp. shortening.
Buttermilk to work soft.

Sift dry ingredients. Add shortening and soften with milk. Work to soft dough; knead lightly; roll to half inch thickness and cut with biscuit cutter.

MUFFINS

1 egg, beeaten.
½ tsp. soda.
1 tsp. salt.
1 tsp. baking powder
1 c. buttermilk.
½ sifter flour.
1 tbsp. melted lard.

Beat egg with salt, add milk, fold in flour and baking pawder. Add lard. Pour into greased pans. For corn muffins use either all or half meal in place of flour.

BEATEN BISCUITS

1 lb. Roller Champion Flour.
½ cup lard.
2 tsp. salt.
1 scant cup sweet milk.
Pinch of soda.

Into flour put salt and soda. Mix lard into flour and make into a very stiff dough using less than the cup of milk if necessary. Knead

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until dough becomes smooth. Roll or beat for twenty minuttes or until dough pops with blisters and is pliable. Roll out about one-third (1-3) inch thick; stick with fork or cutter; bake in moderate oven thirty minutes or until brown and done. Do not use too much extra flour.

VIENNA BISCUIT

Make the usual buttermilk biscuit; roll out quite thin, cut with the tea size cutter. Place a Vienna sausage in the center of the biscuit, fold the biscuit around the sausage, place on a pan and bake until brown and well done. Use the canned sausage.

CHEESE BISCUIT

Make same as ienna biscuit, using a piece of cheese two inches long and half inch thick. Place in biscuit. The cooking melts the cheese. Bake until brown.

FRENCH TOAST WITH JELLY

- 1 egg.
- 2 tbsp. milk.
- 4 half-inch slices raisin bread.
- ⅛ tsp. salt.
- 1 tbsp. butter or substitute.

Beat egg slightly, add salt and milk. Melt butter in frying pan; dip each slice of raisin bread into egg mixture, then fry a golden brown on each side in hot melted butter; sprinkle with powdered sugar and serve with jelly or maple syrup.

CINNAMON TOAST

- ½ cup sugar.
- 2 tbsp. butter.
- ½ tsp. powdered cinnamon.
- 6 half-inch slices raisin bread.

Cream butter, add cinnamon to sugar; add to butter, beating until creamy. Lightly toast bread on one side, then spread the cinnamon mixture on other side and place on broiler in a hot oven until butter mixture is melted.

TOASTED RAISIN BREAD

Cut raisin bread (either white, graham or entire wheat) into very thin slices. Toast quicklf, close to the heat if for plain toast; if to be crisp place bread some distance from heat and toast slowly on both sides. Spread evenly with butter while hot and serve at once.

WHOLE WHEAT PECAN NUT BREAD

- 2 cups buttermilk.
- ½ cup syrup (Georgia Cane).
- ¼ cups sugar.
- 4 cups Roller Champion Flour.
- 1 cup pecan meats chopped.
- 2 tsp. salt.
- 3 tsp. soda.

Put nuts, sugar, and salt into the flour. Mix the syrup and buttermilk together. Pour this mixture into the flour. Mix well—pour into greased pans and bake in a moderate oven forty-five minutes.

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PECAN NUT BREAD

4½ c. Roller Champion Flour.
¼ cup sugar.
1 cup pecan meats chopped.
4 tsp. baking powder.
2 tsp. salt.
3 tbsp. Wesson oil or butter.
2 eggs.
2 cups sweet milk.

Mix all dry ingredients together. Beat eggs, add milk, oil and pour the mixture into the flour. Mix well, free of lumps; pour into two medium-sized loaf pans, let stand twenty minutes, bake in moderate oven forty-five minutes.

NUT BREAD

Sift together 2½ level cups Roller Champion Flour, 2½ tsp. of baking powder, 1 tsp. salt, 2-3 cups sugar, add 1 cup chopped nuts and mix well. Beat 2 eggs and 2-3 cup of milk; mix other ingredients and let stand for 15 minutes. Bake 50 to 60 minutes.

POP OVERS

1 c. Roller Champion Flour.
1 c. milk.
1-3 level tsp. salt.
2 eggs.

Sift together the flour and salt; add the eggs well beaten, also milk. Beat hard with a Dover beater for two minutes, then pour at once into hissing hot greased gem pans and bake 25 minutes in hot oven.

WAFFLES

1 2 c. Roller Champion Flour (before sifting).
1/2 1 c. buttermilk.
1/4 ½ c. cold water.
1 1/2 3 tbsp. cooking oil or melted fat.
1/2 1 tbsp. sugar.
3 tsp. baking powder.
1/4 ½ tsp. soda.
1 2 tsp. salt.
1 egg.

Mix as any batter. Add soda dissolved in a tablespoon of water. Sift powders into the batter. Do not add powders and soda until ready to bake. Grease irons once only. Use a moderate heat; too much heat causes them to stick. Do not put in too much batter. A waffle should cook in about three minutes. This will make ten.

MUFFINS—Wheat or Corn Meal

1 egg. ✓
1 2 c. buttermilk.
1 1/2 3 tbsp. cooking oil or melted lard
1 2 tsp. salt.
1/2 1 tsp. soda dissolved in 1 tbsp. cold water.
2 tsp. baking powder, or not, as you like.
Roller Champion Flour to make a drop batter.

Break egg into bowl and beat slightly, add milk, salt, oil and sufficient flour to beat lumps out tfreely and make batter stiff enough to drop in a lump from spoon. Grease muffin pans with extra grease, put into hot oven to heat. Add the soda, which is dissolved in the water,

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mix in well and put into the hot pans; bake about ten to fifteen minutes, according to size of muffin. If baking powder is used, sift in dry when soda is put in, mix in well. Two eggs may be used if desired. Meal or flour may be used, carrying out the recipe just the same. Whole wheat or graham flour may be used. Flour varies, so make a medium thick batter. If too stiff, muffins will be dry, if too thin, sticky.

RAISIN BISCUIT

2 c. Roller Champion Flour.
2 tbsp. shortening.
2 tbsp. flour.
1 tsp. salt.
4 tsp. baking powder.
1 egg.
3-4 c. sweet milk.
1 c. seedless raisins.

Sift flour to which has been added the salt, sugar and powders. Mix in the shortening. Add the raisins, break egg into a cup and fill with milk, mix together, make a dough just stiff enough to handle, using more or less flour as needed. Roll out into a sheet one-fourth inch thick, cut with small cutter; place one cut portion on top of the other; with finger press the two together, making quite a generous pressure; into the hole place a plump raisin. Bake in a quick oven about ten or twelve minutes or until done. Serve hot with butter. This will make a nice pastry biscuit. It is also good for children's lunch. Seeded raisins may be used.

OATMEAL STIICKS

3 c. Roller Champion Flour.
½ tsp. salt.
1 tbsp. sugar.
4 tsp. baking powder.
¼ c. shortening.
1¼ c. scalded milk.
½ c. oatmeal or rolled oats.

Sift together the flour, salt, sugar, baking powder. Rub in the shortening. Pour the milk that has been scalded over the oatmeal; cool; mix with other ingredients and work with the hands until it is smooth; then roll into sticks about the length and thickness of a lead pencil. Bake ten minutes in a rather hot oven.

QUICK METHOD ROLLS

1 qt. Roller Champion Flour.
4 tbsp. shortening.
2 tsp. salt.
1½ c. liquid (milk and water).
3 yeast cakes (Fleichman's compressed).
1 tbsp. sugar.

Dissolve yeast cakes in ¼ cup of water; scald 3-4 cup of sweet milk and let cool; add ¼ cup of water. Sift flour, to which has been added salt and sugar. Mix shortening into flour and make into a dough with the yeast and liquid; knead well for five minutes and set in a warm place to rise, which will require about 30 minutes. When doubminutes more. When risen the second time knead just enough to get out the gas; make into rolls, let double in size, and bake in a moderate oven.

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CORN STICKS

2½ c. sifted meal.
2 c. buttermilk.
3 tbsp. melted shortening.
1 tsp. sugar.
2 tsp. salt.
1 tsp. soda.
3 tsp. baking powder.

Beat eggs together until light. Add milk, shortening, salt and sugar. Add meal, being careful in putting in as meal varies and the batter should be a medium batter. Beat smooth. Grease and heat stick pans. Sift in the baking powdder and dissolve the soda in a spoonful of cold water. Add to mixture, stir well, and pour into moulds. Bake in good hot oven until brown—about fifteen to twentty minutes.

BUTTERMILK BISCUITS

2 c. Roller Champion Flour.
3 tbsp. shortening (lard or firm fat).
1 c. buttermilk.
1 tsp. salt.
½ tsp. soda.

Sift salt and soda with the flour into a bowl; mix in the lard with tips of fingers or chop in with spoon; add buttermilk; ball together and lift out on a floured board. Knead slightly, until you can handle. Pat or roll out, cut and bake, making as thick or thin as liked.

EVERLASTING BREAD

1 c. milk, scalded and cooled.
1 c. mashed potatoes.
1 c. melted lard (or substitute).
1 cake compressed yeast softened in ½ c. water.
2 tsp. baking powder.
1 tsp. soda.
5 tsp. salt.
Roller Champion Flour to make a soft sponge.

Let rise until full of gas bubbles and flour to make a stiff dough. Knead thoroughly and put in refrigerator. It will keep well four or five days, and must be kept cold. From this foundation can be made many kinds of bread and rolls, by rolling and shaping dough in desired shape, let rise in warm place until light and bake. For coffee cake for breakfast, roll out at night, leaving it in refrigerator over night, and in the morning it will be ready for coating of butter, sugar and cinnamon and the oven. This dough is a great time saver, especially when preparing for guests, as Parker House rolls can be had with only the work of shaping and baking. Rolls will rise in about an hour.

ROLLS

Peel, cut up and cook IIrish potatoes; mash and measure 1 cup potatoes, 1 cup water potatoes were cooked in, 1 cup fresh water, ½ cup sugar. When sufficiently cooled, add 1 cake Fleischman's yeast dissolved in two tablespoons lukewarm water. Let mixture stand over night before using. Shake well, as potatoes rise to top. Use in place of milk and soda or baking powder, as if making biscuits. Roll and cut out and put in pan; let stand one hour in warm place, and bake.

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CORN BREAD

1 egg.
2 c. meal.
½ tsp. soda.
½ tsp. baking powder.
Buttermilk to make thin batter

Mix ingredients and cook in greased skillet.

CORN BREAD

1 egg.
2 c. meal.
1 tsp. baking powder.
1 c. Roller Champion Flour.
Bake in greased skillet.
½ tsp. soda.
Enough buttermilk to make soft batter.

SHREDDED WHEAT BROWN BREAD

Break up fine 6 shredded wheat biscuits. Add 1 cup corn meal, 1 teaspoon salt, dissolve ½ teaspoon soda in 1 cup molasses, dissolve ½ teaspoon soda in ½ cup sour milk; 1 3-4 cups sweet milk. Mix ingredients in order given, put in greased tins and steam 3 hours.

NUT BREAD

1 egg.
3-4 c. sugar.
1 c. milk.
2½ c. Roller Champion Flour.
Bake in moderate oven.
2 tsp. baking powder.
1 c. chopped nuts.
Salt to taste.

COFFEE CAKE

2 c. Roller Champion Flour.
½ tsp. salt.
2 tbsp. sugar.
2 tsp. baking powder.
2 tbsp. butter.

Mix and sift dry ingredients, adding melted shortening and enough milk to make very stiff batter; spread ½ inch thick in greased pan, add top mixture and bake about 30 minutes in moderate oven.

Top Mixture—2 tbsp. Roller Champion Flour, 1 tbsp. cinnamon, 4 tbsp. sugar, 4 tbsp. shortening. Mix dry ingredients, rub in the shortening and spread thickly over top of dough before baking.

BOSTON BROWN BREAD

3 c. graham flour.
1 c. corn meal.
2 c. sweet milk.
1 c. sour milk.
1 c. molasses.
½ c. seeded raisins.
2 tsp. vanilla.
1 tsp. salt.

Mix all dry ingredients. Add the liquids. Steam 3 hours if in one can. The recipe divided will fill four 1 pound baking powder cans and will steam in one hour. The raisins may be used or omitted.

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POP OVERS

1 c. Roller Champion Flour.
¼ tsp. salt.
7-8 c. milk.
½ tsp. melted butter.
2 eggs.

Mix salt and flour. Add milk slowly. Do not let the batter lump. Add beaten eggs and melted butter. Beat about 2 minutes with a Dover egg beater. Turn into very hot greased muffin pans. Bake about 35 minutes. Have the oven very hot for the first 10 or 15 minutes, then reduce the heat.

DOUGHNUTS NO. 1

1 c. sugar.
2½ tbsp. butter.
3 eggs.
1 c. milk.
4 tsp. baking powder.
¼ tsp. cinnamon.
¼ tsp. cloves.
1½ tsp. salt.

Use enough Roller Champion Flour to roll. The spices may be omitted and half teaspoon of vanilla added if desired. Cream butter. Add ½ cup of sugar. Beat eggs and add rest of sugar; combine the two mixtures. Begin with 3 cups of flour and add other dry ingredients. Mix and sift. Add alternately with milk. Add flour enough to make dough stiff enough to handle. Place on floured board. Avoid kneading. Roll to ¼ inch thickness and shape with doughnut cutter. Fry in hot fat to brown.

DOUGHNUTS NO. 2

½ c. sugar.
¼ tsp. salt.
2 eggs.
½ c. sour cream.
3-4 tsp. soda.
½ tsp. vanilla or a few grains nutmeg.
2½ c. Roller Champion Flour.
½ tsp. cream of tartar.

Beat eggs until gilht. Add sugar and continue beating. Add cream alternately with dry ingredients. Use more flour if necessary. Shape and fry in hot fat. Doughnuts will absorb fat if the fat in which they are cooked is not hot enough. If it is too hot they will brown on the outside and will be raw on the inside.

ONE EGG MUFFINS

2 c. Roller Champion Flour.
4 tsp. baking powder.
½ tsp. salt.
2 tsp. sugar.
1 c. milk.
2 tbsp. melted shortening.
1 egg.

Mix and sift dry ingredients. Add milk gradually. Add the beaten eggs and melted shortening. Bake in greased muffin pans about 25 minutes.

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GRAHAM MUFFINS

1 c. graham or whole wheat flr.
3-4 c. Roller Champion Flour.
¼ c. sugar.
1 tsp. salt.
1 c. milk.
1 egg.
3 tbsp. shortening.
5 tsp. baking powder.

Mix and bake same as above.

CORN MEAL MUFFINS

2 c. corn meal.
2 c. buttermilk.
2 eggs (or one large egg).
1 tsp. salt.
1 tsp. soda.
1 tsp. sugar.

Beat eggs until light. Add sour milk. Add dry ingredients which have been mixed and sifted. Bake in very hot muffin pans with at least 1 tsp. melted fat in each muffin ring.

BAKING POWDER BISCUIT

2 c. Roller Champion Flour.
4 tsp. baking powder.
1 to 2 tbsp. shortening.
3-4 c. milk or water.
1 tsp salt.

Mix and sift dry ingredients. Cut in shortening. Add liquid very gradually. Avoid too much mixing or stirring. Toss on a floured board and roll to ½ inch thickness. Shape with biscuit cutter. Bake in hot oven about 12 minutes.

SOUR MILK BISCUITS

4 c. Roller Champion Flour.
1 tsp. salt.
1 tsp. soda (scant).
2 tbsp. shortening.
Enough sour milk to make a soft dough.

Mix and bake same as for baking powder biscuits.

SWEET MUFFINS

¼ c. butter.
¼ c. sugar.
3-4 c. dates.
½ tsp. salt.
1 egg.
2 c. milk.
2 c. Roller Champion Flour.
5 tsp baking powder.

Cream butter. Add sugar. Add beaten egg. Mix and sift dry ingredients and add alternately with the milk. Add 3-4 cup chopped dates. Bake in greased muffin pans about 25 minutes.

MEMORANDUM

CUSTARDS AND PUDDINGS

BAKED CUSTARDS

4 c. scalding milk.	¼ tsp. salt.
4 to 6 eggs.	Few grains nutmeg.
½ c. sugar.	or ½ tsp. vanilla.

Beat eggs slightly. Add sugar and salt. Add scalding milk slowly. Strain into buttered molds and place in pan of hot water and bake in very slow oven. Test by running knife down in custard. If it comes up clean, custard is done. Care must be taken that the water surrounding custard does not reach the boiling point. If it cooks too quickly, it will have air bubbles and whey. For cup custards allow 4 eggs to 4 cups of milk. For large custard allow 6 eggs to 4 cups of milk, so that it will hold its shape when turned out on a serving dish.

CARAMEL CUSTARD

To make a caramel custard, caramelize a part of the sugar, about half of what the recipe calls for. Dissolve it in the scalding milk or the cup into which the custard is to be baked may be lined with caramelized sugar.

COCOANUT CUSTARD

4 eggs, beat yolks, add 1½ cups sugar and beat until creamy. Add 2 heaping tbsp. Roller Champion flour or corn starch, 1 cup milk, 1 can cocoanut, 1 tea spoon vanilla. Place in pastry and bake until thick. Beat whites of the eggs, add 3 tbsp. sugar, spread on pie and brown.

LEMON PIE

1 scant c. sugar.	Yolks of 3 eggs.
2 heaping tbsp. corn starch.	Juice of 2 lemons.
2 c. boiling water.	

Boil water and sugar; mix corn starch with a little water and add to well-beaten eggs; then add boiling water. Slowly cook in a double boiler until thick enough. Add lemons when thick.

FEATHER PUDDING

1 tbsp. butter.	2 c. Roller Champion flour.
1 c. sugar.	2 level tsp. baking powder.
2 eggs well beaten.	2 tsp. vanilla.
1 c. milk.	Pinch of salt.

Delicious with either chocolate, caramel or nutmeg sauce.

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FIG PUFFS

1½ c. Roller Champion flour.
1½ level tsp. baking powder.
3 level tsp. baking powder.
3 level tbsp. shortening.
1 egg.
1¼ c. milk.
3-4 c. chopped figs.

Sift the flour, salt and baking powder, rub in the shortening, then add the figs, mixing them well into the dry flour. Mix to stiff batter the beaten eggs and milk. Bake in a small greased pan in a moderate oven.

STEAMED APPLE PUDDING

3 c. Roller Champion flour.
1 level tsp. salt.
1 level tsp. baking powder.
1 c. beef suet from skin.
ice cold water.
apples.
sugar.

Sift together the flour, salt, baking powder; add finely chopped suet and mix to a firm dough with water; roll out thinly and use to line a well-greased bowl. Then fill with apples pared and cored and cut into small pieces, adding sugar to sweeten and a little water to make juice. Cover with more crust, tie a floured cloth over the top and steam or boil 2½ hours.

FIG PUDDING

½ pound of bread crumbs, ½ pound figs, chopped fine and run through a meat grinder; six ounces brown sugar, four ounces suet or butter chopped fine, two eggs one cup sweet milk, one tsp. soda, a little nutmeg. Mix well together and steam in a mold four hours. Serve with hard sauce.

PLUM PUDDING

1 c. flour.
1 c. black molasses.
1 c. or more of raisins.
1 c. currants.
4 slices bread.
Butter size of an egg.
½ tsp. cinnamon.
1 tsp. each spice and cloves.
A little nutmeg.
1 wineglass wine or brandy.
1 egg.

Moisten bread with one cup hot water; flour fruit well, mix all together and steam four hours.

PINEAPPLE PUDDING

1½c. brown sugar, 1 tbsp. butter; rub into skillet on low flame and let it melt. Place 8 slices of pineapple on this and cover while you are making the following mixture: 1 egg beat light, 1 level cup sugar, ½ cup milk, 1 tbsp. snowdrift, 1 tsp. lemon or vanilla extract, 2 cups Roller Champion flour, 2 tsp. baking powder. Pour over pineapple and bake in skillet. Serve with cream.

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CHOCOLATE PUDDING

Crumble several cold biscuits; butter size of egg; beat 2 eggs, add 1 c. sugar, add biscuit crumbs. Dissolve cocoa in enough milk to make a thick batter. Place in baking pan and bake in oven. Serve with hard sauce.

BUTTER MILK CUSTARD

3 eggs.
1 c. sugar.
1-3 c. butter.
2 tbsp. Roller Champion flour.
2 tbsp. meal.
1 c. buttermilk.
Vanilla and nutmeg mixed.

Cook in double boiler until thick and place in previously baked pie crust.

BROWN BETTY

Cover the bottom of the pan with a layer of crumbed cold biscuit. Slice on that a layer of thinly cut apples. Sprinkle with sugar and dot with butter. Continue layers until pan is filled, making top layer of crumbs. Pour in 1½ cups of water. Bake in oven, brown, and serve with sauce.

MAPLE SAUCE

2 egg yolks.
2-3 c. hot maple syrup.
½ c. whipped cream.
Pinch of salt.

Beat the yolks of the eggs well and pour the hot syrup over them. Cook in a double boiler till of the consistency of thin custard. When cold add the salt and whipped cream and serve at once.

HARD SAUCE

½ c. butter.
1 c. powdered sugar.
2 tbsp. boiling water.
Flavoring to taste.

Beat butter until creamy, then add half of sugar and half of water, beat well and add the remainder of sugar and water. Whne light and fluffy add flavoring and set aside to cool. If desired the flavoring may be omitted and a little nutmeg grated over the sauce in serving pan.

BROWN NUT SAUCE

2 c. stock or sweet milk.
1 c. chopped pecans.
4 tbsp. butter.
6 tbsp. butter.
1 carrot.
2 slices green pepper.
1 stalk of celery.
1 slice of onion.
Salt and pepper.

Put butter into a sauce pan and cook, but do not let the butter burn; when done remove. Add the flour and brown well. Add the stock, which should be hot, and let thicken, then add nuts. Add salt and pepper to taste and serve over rice croquettes.

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BAKED APPLES

Core apples and place in pan filled about half of height of apple with water. Season with small lumps of butter. One cup of sugar. Fill center of apples with syrup, add raisins in centers and around apples. Sprinkle with nutmeg and cook on top of stove in covered pan.

LEMON SPONGE

4 eggs.
3-4 c. sugar.
Juice of 2 lemons.
4 tbsp. cold water.

Separate eggs, beat yolks until light, add sugar and continnue beating until light in color; add cold water and lemon juice; pour into double boiler and cook until it will coat the spoon.

Beat the whites stiff and pour the yellow mixture hot over the whites, beating all the time. Put aside to get tvery cold. Serve as charlotte or cream with or withouot cake. This should be served in charlotte glasses and is enough for six portions.

BLANCMANGE

1 c. milk.
1½ lbs. corn starch.
4 pounds sugar.
4 tsp. cocoa or chocolate.
½ tsp. vanilla.
Pinch of salt.

Scald milk in double boiler. Mix dry ingredients, add a little cold water, then stir in scalded milk. Put back in double boiler and sttir until it begins to thicken. Let continue to cook and remove from fire and add vanilla.

PRUNE WHIP

1-3 lb. prunes.
5 egg whites.
½ c. sugar.
½ tsp. lemon juice.

Wash prunes, sooak in cold water several hours, and cook until soft. Remove stones and rub prunes through strainer. Add sugar and cook five minutes, or until about as thick as marmalade. Beat whites of eggs until stiff, add cold prunes and lemon juice. Pile lightly on buttered pudding dish and bake 20 minutes in slow oven. Serve with boiled custard.

Apricot whip can be made the same way. When using peaches add 2 thin slices of lemon. When using apples add lemon and raisins.

CHARLOTTE

1 pint cream.
3 eggs (whites only).
½ c. sugar.
½ Envelope Knox pulverized gelatine.
Vanila.

Whip cream, adding a little sugar. Beat eggs stiff, adding a little sugar. Mix eggs and cream, and lastly pour in gelatine which has been dissolved in half a cup of hot water and set to cool.

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MARMALADE PUDDING

2 az. Roller Champion flour.
2 oz. sugar.
2 oz. butter.
2 eggs.
1 tbsp. marmalade.
1 tsp. bicarbonate of soda.

Put flour, sugar, butter, marmalade, yolks of eggs and soda into a basin and mix thoroughly. Whip whites of eggs to a stiff froth; add to mixture and stir well. Pour into a greased mold. Steam for one hour and serve with sweet sauce.

GRATED SWEET POTATO PUDDING

4 c. grated potatoes (raw).
1 c. Georgia cane syrup.
½ c. sugar.
1 c. sweet milk.
½ c. butter.
½ c. chopped nut meats.
1 c. raisins.
½ tsp. cloves.
1 tsp. allspice and cinnamon.

In a heavy iron skillet melt the butter. mix all ingredients together, beating egg and adding last. Pour mixture into the hot pan of butter; stir until heated. Put skillet into a moderate oven to bake. When crusted around edge and top, turn under and let the crust form again. Do this twice, allowing the last to remain on the sides and top. Time required to bake, 40 minutes. Serve with sweet cream sweetened and flavored to taste.

SWEET POTATO CUSTARD

2 c. potatoes, boiled, mashed and strained.
2 c. sweet milk.
1 c. sugar.
2 tbsp. butter.
1 pinch salt.
3 eggs.
Flavor with nutmeg and lemon

Cook and strain potatoes, add butter and milk. Separate eggs, beat yolks, add sugar, add to potatoes, add flavoring and salt. Beat whites stiff and stir into mixture. Pour into rich crust and bake until brown and custard is firm; about thirty minutes in moderate oven.

LEMON CUSTARD

1 c. sugar.
1 c. wet bread.
Juice of large lemon.
Butter size of an egg.
Yolks of 3 eggs.

Remove the crust from a fresh loaf of bread. Dip in cold water and let it absorb all the water it will. Then squeeze dry and measure. Put into a double boiler with all the other ingredients and cook until thick, or until it drops in a lump from the spoon. When thick pour into a cooked crust. Make meringue of the 3 egg whites, using 3 tbsp. of sugar; put over the top and bake in a slow oven. To make the meringue, beat egg stiff, add sugar slowly. When all is in, beat for two minutes. Put on top of custard.

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CUP OR EGG CUSTARD

2 c. sweet milk.
4 tbsp. sugar.
Pinch of salt.
3 eggs.
½ tsp. vanilla.

Bea teggs and sugar together, to mix well, add salt and flavoring. Heat milk tepid, and add to the egg mixture. Pour into a buttered dish or cups. Set into a pan of boiling water and bake until firm; a large dish about twenty minutees, small ones according. Place several thicknesses of paper in the pan holding the water to prevent the dish touching the pan. This prevents cooking too much at the bottom. If a meringue is wanted, use two yolks and one whole egg, making the meringue of the two whites and two extra tablespoons of sugar. Put the custard in to cook while making meringue. When ready put on meringue and continue cooking until brown and done—about ten minutes or more. Use a moderate oven.

To use chocolate: Add one square melted chocolate to the eggs and sugar before adding the milk. Proceed in the same manner for plain custard. To be served hot or cold.

An extra egg added to the custard would only make it more firm. If cooked too fast it will curdle or have whey. More or less sugar may be used to suit the individual taste. A pastry tube and bag will make the baked custard look very attractive. Drop spoonfuls irregularly over the top, like mountain peaks.

LEMON PIE

1 c. sugar.
1 c. wet fresh bread.
Juice of two lemons.
Yolks of 3 eggs.

Into a double boiler put all ingredients. Cut slice of bread two or three inches thick, remove the crust and hold under the faucet until saturated with water. Squeeze dry and fill meeasuring cup. Add to the other ingredients, mix and cook until thick enough to stay in crust when cut. Pour into a cooked crust. Make a meringue of the three whites and three tablespoons of sugar; put over top; bake in a slow oven for ten minutes or until brown. There is no other liquid used except the lemon juice and the water left in the bread.

CARROT PUDDING

1½ c. Roller Champion flour.
1 c. brown sugar.
1 c. chopped nuts.
2 c. raisins.
2 c. currants.
1 c. grated carrots.
1 c. grated potatoes.
1 tsp. soda.
½ tsp. salt.
Spices to taste.

Steam 3 hours and serve with hard sauce.

BUTTER SCOTCH CUSTARD

1 c. brown sugar.
1½ c. sweet milk.
2 tbsp. corn starch.
1 tbsp. butter.
1 egg yolk.
1 tsp. vanilla.

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Beat yolk and stir in last. Cook until smooth and thick. When cool, pour into the pastry, which has been baked a light brown. Use the meringue and brown lightly.

BOILED CUSTARD

2 eggs.
½ cup sugar.
1 small can milk.
1 tsp. corn starch.
2 cups water.
1 tsp. vanila.

Bea teggs, add sugar and corn starch and last water and milk. Cook very slowly or in double boiler.

BANANA PUDDING

Place in pan a layer of vanilla wafers, then a layer of bananas; on that boiled custard thick enough to cut. Repeat until pan is full. Put meringue on top, place in oven and brown.

RICE PUDDING

2 eggs.
3-4 cup sugar.
4 rounding tsp. butter.
1 can milk.
1 c. water.
1 c. or more cooked rice.
1 tsp. vanilla.

Place meringue from the eggs on top; place in oven and brown.

ENGLISH PLUM PUDDING

1 lb. beef suet chopped fine.
1 lb. brown sugar.
1 lb. fine bread crumbs.
1 c. Roller Champion flour.
1 lb. seeded raisins.
1 lb. seeded currants.
½ lb. mixed peel (orange, lemon, citron).
9 eggs, well beaten.
Spices and flavoring to taste.

Steam six hours.

DATE PUDDING

1 c. chopped dates.
1 rounded tbsp. Roller Champion flour.
1 c. chopped pecan or walnut meats
1 tsp. baking powder.
3 eggs beaten light.

Mix in order given. Bake in moderate oven, care to be taken that it does not burn. Serve with whipped cream.

RAISIN BREAD PUDDING

2 c. milk.
1½ c. bread crumbs.
3 egg yolks.
1 tbsp. butter.
¼ c. sugar.
½ c. raisins.
Pinch of salt.

Scald milk, add bread crumbs, and let cool. Then add beaten egg yolks, sugar, salt, butter and cooked raisins. Put in baking dish and bake until lightly browned. Remove and cover with meringue and return to oven to brown lightly.

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CHOCOLATE PUDDING

3-4 c. bread crumbs.
2 c. scalded milk.
3 sq. unsweetened chocolate.
2 eggs.
¼ tsp. salt.
½ tsp. vanilla.
¼ c. cold milk.
3-4 c. sugar.

Soak bread crumbs in scalded milk; add melted chocolate, beaten eggs, salt, vanilla, milk and sugar. Mix well. Pour into a buttered pudding dish, set in a pan of hot water and bake in a moderate oven about one hour. Serves 6 or 7 persons.

MEMORANDUM

CAKE FILLINGS, FROSTING, ICING

LEMON ICING

I cup 4X sugar, sifted and measured; butter the size of a walnut; 1 egg yolk; juice of 1 lemon to make thin enough to spread. Rub butter and sugar together, add egg yolk and lemon juice, mix to a paste and spread. This makes a nice icing for small cakes.

LEMON CHEESE FILLING

1 c. sugar.
2 tbsp. cornstarch dissolved in little water.
Juice of 2 lemons.
3 tbsp. butter or lard.
2 eggs.

Put all together, cook in double boiler until thick; let cool before spreading between layers of cake.

UNCOOKED FROSTING

1 unbeaten egg white, 1tsp. vanilla extract, 1½ c. confectioners' sugar. Put egg ito pan, add sugar, gradually beating toright consistency to spread; add extract.

MARSHMALLOW ICING

1 c. boiling water.
2 c. sugar.
1 box marshmallows.
1 tbsp. vinegar.
2 egg whites.

Cook syrup until it spins a thread, pour over stiffly beaten egg whites, add marshmallows and beat until creamy.

CHOCOLATE ICING

1½ c. sugar.
3-4 c. cold water.
3 egg yolks.
1 square bitter choc., melted.
Pinch salt.
1 tsp. vanilla.

Cook sugar and water together rapidly until it spins a long thread. Pour slowly over the beaten yolks; add chocolate which has been melteed over hot water; add flavoring and salt. Beat until creamy and thick enough to put over top and sides of cake.

FILLING FOR DEVIL'S FOOD

2 c. sugar, 1 c. milk, 2 tbsp. butter. Put in pan and boil fifteen minutes; after it begins boiling, take off and beat until thick enough to put between layers.

FILLING

Grated rind and juice of 2 fresh lemons; yolks of 3 eggs; ½ cup butter; 1 cup sugar. Mix and cook in double boiler until thick as sponge.

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CARAMEL FILLING

3-4 cup milk (slightly diluted), 1 cup sugar. Put in large boiler. In another pan put ½ cup sugar. Put both pans on flame at the same time. By time milk boils other will bee caramelized. While sugar and milk boil pour caramel into it and stir. Try like fudge (soft ball), take off and beat. Before beating add lump of butter and vanilla.

ICING

½ tsp. butter to 2 tbsp. hot milk, and gradually add ½ c. confectioners' sugar, ½ tsp. vanilla, and spread.

For "pink" icing add 1 tbsp. strawberry fruit juice; for "yellow" icing, 1 tsp. egg yolks. Flavor with orange and 1 tsp. lemon juice.

LEMON FILLING

1 c. milk, 1½ c. sugar, 3 egg yolks, juice of 2 lemons.

OPERA CARAMEL ICING

1½ c. brown sugar.
3-4 c. thin cream or milk.
1 level tbsp. butter.
Flavoring.

Put the sugar, cream (or milk) and butter into a saucepan and cook gently till a little dropped into cold water form a soft ball. Remove from the fire and cool; add flavoring and beat till thick enough to spread.

CARAMEL FILLING

3 c. sugar.
1 c. milk.
½ c. sugar, browned.
Butter size of egg.

Boil sugar and milk two minutes; add the half cup brown sugar and cook three minutes. Remove from stove and add butter. Let the mixture partly cool, then beat hard and continuously until it is proper consistency for icing cake. The secret of this filling is not to cook long.

CHOCOLATE ICING

1 10c cake bitter chocolate.
½ c. sugar.
½ c. Roller Champion flour.
1 egg (or 3 yolks).
½ tsp. vanilla.
Lump of butter.

Melt chocolate in ½ c. boiling water, put in flour and sugar mixture, then egg and butter. Place in double boiler and cook slowly, stirring occasionally the whole time you are mixing, baking and cooling your cake. Beat until cool and spread. Enough for a 4-layer cake.

A SIMPLE ICING FOR DECORATING

White of one egg, 4 c. of XXXX sugar, 1 tsp. of lemon juice. Roll and sift the sugar so it will be very smooth; put egg into a bowl and without beating mix in the sugar until quite a stiff icing is formed to hold its shape; add lemon juice and beat entire smooth and white. Fill forcing bag and proceed to decorate cake. This icing will get dry and firm, and is quite satisfactory. If you wish to color, use a few drops of any color desired, adding to the icing when finished.

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TO MAKE MERINGUE

Whites of 3 eggs, pinch of salt, 6 tbsp. of granulated sugar. Have whites chilled, add salt and beat until they are very stiff. Then gradually add sugar and when all is in beat long enough to thoroughly dissolve the grains of sugar. Spread half over the top of the custard and fill the forcing bag with the other half, and proceed to decorate the top. When finished, place in a slow oven and bake for ten minutes or until brown. Meringue should cook slowly and long enough to make firm the egg cells.

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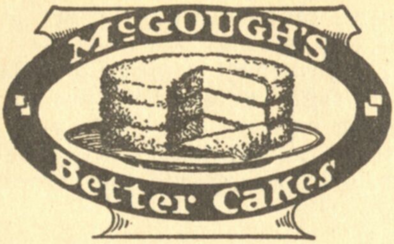
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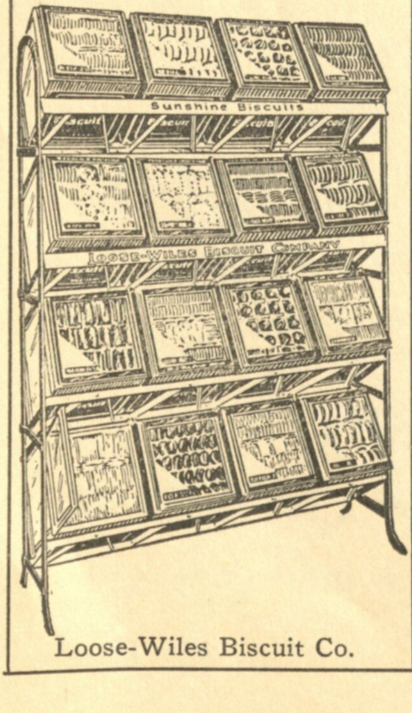
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CAKE

DROP CAKES

1½ c. of sugar.
1 c. butter.
3 eggs.
3½ c. flour.
1 tsp. soda.
1 tbsp. hot water.
1 tsp. ground cinnamon.
1 c. chopped English walnuts.
½ c. currants.
½ c. raisins.

Cream butter and sugar, add eggs well beaten, then soda dissolved in hot water, last flour and fruit floured from this quantity. Drop one teaspoon in shallow pan one inch apart. Bake in a moderate oven.

CREAM CAKES

3 oz. Roller Champion flour.
2 oz. butter.
2 eggs.
1 1-3 c. milk.

Boil butter and milk together; add flour, stir over fire for a few minutes and cool. Add yolks of eggs and stir in; add whites of eggs, stiffly beaten, and stir in. Place in greased tin in small cake sizes and bake in hot oven for twenty minutes. Cool and fill with cream.

SCOTCH SHORT BREAD

½ lb. Roller Champion flour.
¼ lb. butter.
2 oz. castor sugar.
1 oz. rice flour.

Take flour, rice flour and sugar and mix well together. Take butter, which should be in one lump, and knead gradually into the dry ingredients. Press mixture into greased layer-cake tin. Prick all over with fork and bake in hot oven for half hour. When taken from oven shortbread is soft, so leave to cool and harden.

WHITE CAKE

½ c. butter (3-4 stick).
1 c. sugar.
2-3 c. sweet milk.
3 level tsp. baking powder.
Flavoring.

Cream butter and sugar. Sift Roller Champion flour and baking powder. To butter and sugar add alternately the milk and flour. Beat well. Then fold in whites (don't beat whites too dry, for that makes dry cake).

DEVIL'S FOOD CAKE

½ c. butter.
1 c. milk.
2 c. sugar.
2½ c. Roller Champion flour.
4 eggs.
1 tsp. vanilla.
2 squares Bakers chocolate.
3 tsp. baking powder.

Cream butter, add one cup sugar, cream until light; beat yolks light, add the other sugar. Mix the two together, add milk and flour in two portions. Add melted chocolate and baking powder and vanilla. Beat whites stiff and feed in. Bake in tube pan in moderate oven about one hour and ten minutes. Cover top with chocolate or white icing.

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PECAN NUT CAKE

1 lb. Roller Champion flour.
1 lb. sugar.
½ lb. butter.
1 egg.
1-3 c. water.
¼ cup grape juice, white.
1 tsp. grated nutmeg.
1½ tsp. baking powder.
1 qt. of shelled pecan meats in in halves of slightly broken, not chopped.

Cream butter and sugar well, add an egg at a time until all are in. Add flour and water, as in making any cake. Into the flour mix the nutmeg and baking powders. Mix well. Sprinkle over the nuts a little extra flour, dredge well and add to the batter. Put into a tube pan and bake in moderately slow oven from one and one-half hours to two. The batter should be rather stiff like fruit cake. The nuts should not be broken fine—halfs and quarters mostly with some smaller pieces.

20th CENTURY POUND CAKE

4 c. Roller Champion flour, sifted.
2 c. Sugar.
1 c. creamery butter (1-2 lb.)
1 c. water or milk.
6 eggs.
1-2 tsp. vanilla extract.
1-2 tsp. lemon extract.
2 tsp. baking powder (level.)

Cream butteer and sugar well, add eggs one at a time, beating constantly between each egg. Add flour and water alternately until all is in and smooth. Add flavoring. Sift in the baking powder. Mix well. Put into a greased and prepared pan. One with a steeple is best. Bake in moderate oven one hour and a half. This can be made into layers in a quick oven. By using one-half teaspoon of soda and 1 cup of buttermilk, some like it better leaving out all of the baking powder. Use the buttermilk in place of the water or sweet milk. Dissolve soda in one teaspoon of cold water, add last and mix well; put into pans. This cake is considered better than the old-fashioned pound cake which calls for a pound of everything with no liquid. Just try it.

BLACK FRUIT CAKE.

1¼ lb. Roller Champion flour.
1¼ lb. sugar.
1 lb. butter.
14 eggs.
3-4 c. of Porto Rico mollases.
3 tsp. of soda in one tablespoon of water.
3 tsp. of cinnamon.
3 tsp. allspice.
1 tsp. mace.
1 tsp. grated nutmeg.
1 tsp. of cloves.
1 tsp. of vanilla.
1 c. of "Virginia Dare" grape juice.
6 lb. raisins.
2 lb. currants.
1½ lbs. of citron.
1 lb. dates.
1 lb. almonds.
½ lb. crystalized cherries.
½ lb. of candied oranges and lemon peal mixed.

Prepare all fruit the day before, dredge with extra flour. The raisins should be cut in half. The currants washed and dried. Almonds blanched, dried and chopped. All fruit cut into small pieces to suit the individual taste. The citron in thin slices about as large as the thumb. Make cake as any pound cake; add spices to flour, mix soda and water into the molasses and add to the batter. When all ingredients are in, add the efloured fruits, mix thoroughly and fill pans, leaving an inch or little more for rising. Cook in a slow oven according to above instructions. Black fruit cake should be made several weeks before using.

CHOCOLATE LAYER CAKE

Whites of 6 eggs.
1½ c. of sugar.
3 c. of Roller Champion flour.
3- c. of butter.
3-4 c. of water or milk.
1 tsp. vanilla.
5 level tsp. baking powder.

Make in usual way; bake in three layers.

CHOCOLATE FILLING

3 c. sugar.
1½ c. of water.
2 squares of chocolate.
Yolks of 6 eggs.
1 tsp. vanilla.

Melt chocolate. Boil sugar and water until it spins a thread; pour slowly over the beaten eggs; when all is in add the chocolate and vanilla, beat constantly until creamy; put between layers and over the top. This will cover a three-layer cake. Make the cake with the whites using the yolks for filling. This filling, when properly made, is delicious, does not get hard and is quite an economical cake.

ONE-EGG RAISIN CAKE

1 egg.
1 c. brown sugar.
4 tbsp. butter (or substitute)
2 c. Roller Champion flour.
1 c. sweet milk.
1 c. seeded raisins.
4 tsp. baking powder.
1 tsp. cinnamon.
½ c. allspice.

Mix as any cake, flour raisins with part of the flour; bake in a tube loaf pan which is greased and lined with paper. Bake in moderate oven about 45 minutes.

CHOCOLATE FILLING

3 c. of sugar.
1 c. sweet milk.
½ c. butter.
¼ tsp. soda.
1 tsp. vanilla.
2 squares unsweetened choc.

Shave or grate the chocolate. Put all together. Cook over a quick fire, stirring for 8 or 10 minutes, or until it will leave the trace of the spoon. When done, place the pan in one of cold water, beating and stirring constantly. When it looks creamy put between layers, and over the top. It requires lots of beating to keep the mixture smooth.

BLUEBERRY CAKE

1 egg, beaten light.
1 c. sugar.
2½ c. sifted Roller Champion flour.
½ c. milk.
3 tsp. baking powder.
Pinch of salt.

Mix in order given. Wash and drain 1 pint of blueberries and add to the above. Put in greased bread pan and bake in moderately hot oven about three-fourths hour. Eat hot with butter.

THREE-EGG ANGEL CAKE

1 c. sugar.
1½ c. Roller Champion flour.
½ tsp. cream of tartar.
3 tsp. baking powder.
½ tsp. salt.

Mix well and sift together four times. Add 2-3 cup of scalded milk slowly, while still hot, beating continuously. Add 1 tsp. almond or vanilla extract. Mix well nad fold in 3 egg whites, which have been beaten light. Bake in ungreased cake tin.

SUNSHINE CAKE

3 tbsp. shortening.
3-4 c. sugar.
Yolks of 3 eggs.
1 tsp. flavoring.
1½ c. Roller Champion flour.
3 tsp. baking powder.
½ c. milk.

Cream shortening; add sugar gradually, and yolks of eggs (beaten thick; add flavoring; sift together flour and baking powder and add alternately with the milk to first mixture. Bake in greeased pan.

WHITE CAKE

3 egg whites.
1½ c. sugar.
½ c. butter.
1 c. water.
3 c. Roller Champion flour.
3 tsp. baking powder.
½ tsp. lemon extract.
Pinch salt.

GOLD CAKE

8 egg yolks.
2 c. sugar.
3-4 c. butter.
4 c. Roller Champion flour.
1 c. milk.
3 tsp. baking powder.

ANGEL FOOD

1¼ c. egg whites.
1 c. Roller Champion flour.
1¼ c. sugar.
¼ spoon salt.
1 tsp. creeam of tartar.
1 tsp. vanilla.

Bake about 45 minutes to 1 hour.

DEVILS FOOD

2 c. sugar.
2 eggs.
3 c. Roller Champion flour.
½ c. butteer.
1 tsp. soda in ½ c. sour milk.
½ cake chocolate in ½ c. boiling water.
A little salt.

CUP CAKE

3 eggs.
2 c. sugar.
3 c. Roller Champion flour.
2½ tsp. baking powder.
1 c. water.
2-3 c. butter.
1 tsp. vanilla.

Cook in a quick oven.

DEVILS FOOD CAKE

2 eggs.
2 c. sugar.
3 c. Roller Champion flour.
3-4 c. butter.
1½ c. butter milk.
1 tsp. soda.
1 tsp. vanilla.
1 c. boiling water.
1 small cake Bakers chocolate.

Cream sugar and butter, add well beaten eggs and flour and milk alternately. Melt chocolate in sauce pan over boiling water. When melted, add teaspoon soda. Pour 1 cup boiling water over chocolate and soda, mix well and beat into batter. Add vanilla, and bake in 3 layers.

SHORTCAKE

2 c. Roller Champion flour.
½ tsp. salt.
2 tbsp. sugar.
4 tsp. baking powder.
1-3 c. shortening.
1 c. milk.
1 qt. strawberries or raspber's.
Sugar to sweeten berries.

Sift dry ingredients. Cut in shortening and add liquid. Spread evenly with spoon in greased cake tin. Bake in hot oven 20 minutes. Sweeten berries to taste. Split cake; use berries with juice generously between halves and on top. Sprinkle with powdered sugar or top with whipped cream. Serve hot.

BOSTON CREAM CAKE

3 eggs.
1 c. sugar.
1½ c. Roller Champion flour.
2 tbsp. cold water.
1 tsp. baking powder.

Cream whole eggs with Dover beater about 10 minutes. Add other ingredients. Pour in square cake pan and bake 30 minutes.

FILLING

Scant pins sweet milk.
2 well beaten eggs.
½ c. sugar.
2 tbsp. cornstarch.

Place in double boiler and cook until thick. Lastly add butter size of an egg, and vanilla.

DATE CAKE

1 c. chopped dates.
1 c. chopped nuts.
3 eggs.
1 scant cup sugar.
½ tsp. baking powder.
1 tbsp. Roller Champion flour.

Cream eggs and sugar. Add dates, nuts, flour and baking powder. Bake in slow oven for half hour. Serve with whipped cream. Bake in pyrex or aluminum pie pan. Cut in slices as you would pie and add whipped cream.

DUTCH APPLE CAKE

2 c. Roller Champion flour.
3 tsp. baking powder.
1 tsp. salt.
1 tbsp. sugar.
1 c. milk.
1 egg.
1 tbsp. shortening.
¼ c. sugar and 1 tsp. cinnamon for top of cake.

Sift flour, baking powder, salt, and sugar together. Add milk to well-beaten egg and stir in slowly. Add melted shortening; mix well. Pour mixture into shallow pan and on top place sections of pared apples. Sprinkle with ¼ cup of sugar and one teeaspoon of cinnamon. Bake in moderate oven.

SUGAR COOKIES

½ c. butter.
1 c. sugar.
2 eggs.
2 c. Roller Champion flour.
2 tsp. baking powder.
¼ tsp. salt.
1 tbsp. milk.
1 tsp. lemon or vanilla.

Cream butter and sugar. Add well-beaten eggs. Sift flour, baking powder and salt together and add to mixture. Add milk and flavoring. If dough is not stiff enough to roll, add more flour. Turn out on a floured board and roll thin. Cut in fancy shapes and bake in moderate oven.

APPLE SAUCE CAKE

½ c. shortening.
1½ c. brown sugar.
1 egg.
1½ to 2 c. Roller Champ. flour.
1 tsp. baking powder.
¼ tsp. salt.
¼ tsp. cloves.
1 tsp. cinnamon.
½ tsp. soda.
1 c. apple sauce (unsweetened)

Cream shortening and sugar. Add beaten egg. Sift flour, baking powder, salt and spices together. Dissolve soda in apple sauce and add to egg mixture. Add flour and beat well. Bake in a well-greased loaf tin in a moderate oven. Ice while hot with quick icing.

CUP CAKE

3-4 c. butter.
2 c. sugar.
3 eggs.
1 c. milk.
3 c. Roller Champion flour.
3 tsp. baking powder.

Cream butter and sugar. Add well-beaten egg yolks. Add milk. Mix well. Sift flour and baking powder together and add to mixture, beating thoroughly. Fold in stiffly beaten egg whites. Bake in a quick oven. Makes a thin layer cake. This cake can be baked in muffin pans i na moderate oven.

SUNSHINE CAKE

6 eggs.
1½ c. sugar.
1½ c. Roller Champion flour after sifting once.
1 lemon.
¼ tsp. salt.
6 egg whites beaten stiff.

Boil sugar and 5 tablespoons of water until it spins a thread. Pour over whites and whip in; add well-beaten yolks with lemon juice and grated rind. Last fold in flour, turn into ungreased stew pan and bake 45 minutes. When taken from stove invert pan and let stand until cold. Have heat very low.

ANGEL FOOD CAKE

1 1-3 c. granulated sugar.
1 c. Roller Champion flour after sifting once.
1½ tsp. cream of tartar.
¼ tsp. salt.
1 tsp. flavoring.
12 egg whites.

To whites of eggs add salt. Beat until foamy or white, then sift in cream of tartar and continue beating until firm. Now fold in sugar, sifting a small portion at each fold. Put in flour the same way; add flavoring, and when mixed in well, turn into a shiney, ungreased pan. Bake 45 minutes; have the heat very low for 30 minutes, then increase the last 15 minutes.

NEVER FAIL CAKE

1 c. butter.
2 c. sugar.
4 eggs.
3 c. Roller Champion flour.
½ c. buttermilk.
2 level tsp. soda stirred in milk.
2 tsp. cinnamon.
1 tsp. spice.
1 tsp. allspice.
1 tsp. ginger.
1 tsp. nutmeg.
1 c. jam.

ICE BOX CAKE

½ lb. butter.
4 eggs.
1 cake sweet chocolate.
2 tsp. boiling water.
3 doz. fresh lady fingers.
½ pt. thick cream whipped stiff.
2 tbsp. powdered sugar.
1 tsp. vanilla.

Cream butter, then add sugar gradually, beating constantly. Beat each egg separately until very creamy and add to butter and sugar. Beeat for several minutes after addition of each egg. Add two teaspoons of boiling water to melted chocolate; stir until a smooth paste is formed, then add to above mixture. For the mold use a pan the bottom of which can be removed, or cut a piece of flexible cardboard about three inches wide. Pin together to make a round mould about eight inches. Place this on a flat plate. Now place a layer of ladyfingers, split in half, over bottom; then spread a layer of filling over this. Stand ladyfingers up around edge of mold and fill in center, alternating filling and remaining ladyfingers. Set in a cool place over night. Before serving remove from mold and place on plate from which it is to be served. Whip cream, add sugar and vanilla and put on top of mold.

MEMORANDUM

CANNING, PRESERVING, PICKLING

GREEN TOMATO CHOW-CHOW

One pk. green tomatoes ground.
One small cabbage ground.
6 onions ground.
6 green peppers ground.
2 red peppers ground.

Sprinkle with three tbsp. of salt over night; drain well. Bring to a boil one-half gallon of vinegar, 1 tbsp. ground cloves, 2 tbsp. ground allspice, 2 of mustard, 2 of cinnamon, 2 of black pepper. Add vegetables, boil fifteen minutes and seal in cans.

CANNING BEETS

Boil a kettle of egg size young beets 1½ hours, until skin slips easily. Remove and skin, and then place for about three minutes in a boiling mixture composed of the following amount of ingredients for every quart can of relish: 1 c. vinegar, 1 c. water, 3-4 c. sugar. A bag of alcloves may be added if desired. Have the heated mixture sweetened to taste.

ORANGE MARMALADE

Put 1 dozen sour oranges and 3 lemons through food chopper. Add 3 qts. cold water and let oranges soak over night in this water. Cook until tender, without sugar. Then add 8 lbs. sugar and boil until thick. Recipe may be divided in half.

FIG PRESERVES

Wash figs and soak a day and night in sugar, placing a layer of fruit and a thick layer of sugar until utensil is filled. Place figs on fire and cook until tender and clear. Place in sterilized jars.

FIG PRESERVES

Make a thick syrup of sugar and water. Drop the figs in and cook until tender. Seal in jars while hot.

WATERMELON RIND PRESERVES

Soak rinds which have been trimmed until white remains, in a mixture of 1 heaping tbsp. lime to 1 gal. water for one day and night. Wash off and boil through three waters. Place in a kettle with twice as much sugar as fruit and boil until tender.

HAYDEN SALAD

1 gal. ripe tomatoes.
1 gal. cabbage.
½ gal. vinegar.
1 qt. onions.
2 c. sugar.
½ doz. hot peppers.
1 tbsp. turmeric.
1 tbsp. alspice.
1 tbsp. cloves.
1 tbsp. cinnamon.
2 tbsp. salt.

Chop tomatoes, onions, cabbage; drain off most of juice. Add everything at once and boil 30 minutes and seal in sterilized jars.

CHOW CHOW

1 basket tomatoes.
1 large head cabbage.
7 or 8 onions.
1 doz. green peppers.

Slice tomatoes and chop cabbage, onions and peppers. Sprinkle generously with salt and let stand over night. Squeeze out of salt, almost cover in vinegar, sugar to taste, black pepper and pickling spices. Cook until tender and seal in sterilized jars while hot.

PEAR PRESERVES

Peel and quarter pears. Soak over night in layers alternating with sugar. Use half as much sugar as fruit. Cook until tender and clear. seal while hot.

TOMATO CATSUP

4 qts. tomatoes (strained)
6 tbsp. salt.
3 tbsp. black pepper.
1 tbsp. cloves.
2 tbsp. cinnamon.
2 tbsp. alspice.
1½ pts. vinegar.

Put all together in kettle and boil down half. Pour into sterilized jars.

PEPPER RELISH

12 large green peppers.
12 large red peppers.
15 white onions, peeled.

Chop altogether or put through meat chopper. Cover with boiling water, let stand 10 minutes; drain. Put in kettle with 1½ pints vinegar and 1½ cups sugar, and 3 tbsp. salt. Cook 15 minutes. Put in jars.

ORANGE MARMALADE

Remove seeds from 1 grapefruit, 2 oranges and 2 lemons, cut in pieces and put through grinder. Measure pulp and use 3 cups of water for each cup of fruit; let stand all day, then boil ten minutes; let stand all night. Measure cup of sugar for each cup of fruit and cook 1¼ hours. Put in glasses.

PICKLED PEACHES

2 lbs. brown sugar.
2 c. vinegar.
1 oz. stick cinnamon.
½ oz. whole cloves.
4 qts. peaches.

Boil sugar, vinegar and spices 20 minutes. Dip peaches in hot water and rub off fuzz. Place a few peaches at a time in syrup and cook until tender. Pack in sterilized jars.

CHILI SAUCE

2 doz. tomatoes.
1 doz. onions.
3 peppers.
1 c. sugar.
Cook until tender.
1 tsp. salt.
1½ pt. vinegar.
1 tsp. cloves.
1 tsp. allspice.

UNFERMENTED WINE

Equal parts sugar, grape juice, and water. Place in stone vessel. Skim every day for 12 days and stir with wooden spoon. Bottle; seal.

GRAPE JELLY

Slice ½ gallon apples and cook with 1 peck of grapes until done. Strain in cloth bag and leave to drip. Make about one pint at a time. Add 3-4 cup of sugar to 1 cup of juice. Cook about ½ hour, or until it jells on spoon or in testing saucer. Scald the jelly glasses. Pour out a little at a time to heat glasses. Be sure to skim jelly when cooking. Set away to cool and then seal with wax.

PICKLED ONIONS

Select small white onions of uniform size. Peel and cover with fresh water for two days, changing water each day. Wash well and put into brine for four days, changing brine the second day. Take from the brine and put into boiling water. Let stand for ten minutes; then put into cold water for two hours. Drain and pack into jars, adding a few small hot peppers and pieces of mace. Fill jars to overflowing with spiced vinegar, which has been made and allowed to stand for several days. Process pint jars fifteen minutes, having the water just boiling. Remove from water, tighten top. When making the espiced vinegar, put spices in whole, tied in a cheese cloth; remove spices when vinegar is put in jars. For sweet pickles, add as much sugar as liked to spiced vinegar.

CANNED PEARS

Select ripe but firm pears. Peel and cut in half, removing the core, drop in a cold soda bath, using one teaspoon soda to one gallon of water; drain and pack rapidly in cans; cover with a thin syrup. Place on tops, process for thirty minutes, close top tight and they are ready to cool and put away. Pears may be cored and cut into slices if preferred. Be careful to have jars sterilized and new rubbers.

SPICED PEARS

5 lbs. pears peeled, cored
and quartered.
3 pounds sugar.
1 pt. vinegar or less.
1 tbsp. allspice, whole.
1 tbsp. cinnamon, whole.
1 tsp. cloves.

Boil pears until they can be pierced with a straw. Drain well. Put vinegar into sugar, bring to a boil; boil five minutes, add pears and cook until clear and red. Add spices the last half hour; put into jars; seal while hot. If pears are ground, cook all together until thick like jam or marmalade.

JELLY MERINGUE

One egg white, ½ cup of jelly, and a few drops of pink coloring. Into a bowl put the egg and jelly. Whip just as though you were frothing the white, continuing until it is very stiff and the jelly is thoroughly mixed. Add the coloring and use the same as any meringue, or whipped cream. This is good to use with a short cake or fill cream puffs.

TO USE MAYONNAISE

Make a good stiff mayonnaise, fill the bag and proceed to trim a mold of salad to suit your fancy. This must be cold and used in the rubber bag and tube. If mayonnaise is not stiff enough add more salt and beat until stiff and smooth. This makes it stiffer.

CUCUMBER PICKLE

Gather medium cucumbers and pack in salt, using one cup of salt to three gallons of cucumbers. Let stand two or three days. When ready to make, soak overnight to remove extra salt. When fresh use ½ gallon of vinegar for two gallons of cucumbers, one pound of vinegar, bring to the boil; place half of the cucumbers in and boil just long enough to heat the cukes to the center. Fix the next portion and remove. Pack cukes into jar. Add to vinegar one tablespoon each of mustard seed, allspice, clove and celery seed, a few pods of red pepper, the hot kind. Bring to the boil and pour over the pickles. Stir once a day for several days, cover and they are ready to use. Add more sugar if too sour.

SWEET TOMATO PICKLE

Sprinkle 1 peck of green sliced tomatoes and 1 quart of sliced onions with about one cup of salt and let stand over night. Drain and rinse in one water if too salty. Add six large green peppers, chopped after seeds are removed, then add tomatoes. Also ¼ pound of white mustard seed, ½ ounce of whole cloves, 1 ounce of allspice, 1 ounce of celery seed, 3 pounds of sugar. Cover with a good apple vinegar. Boil until cleear, pack in jars and cover.

PIMENTO PEPPERS

Pimento peppers must first be peeled by placing them in a pan and into a hot oven until the skin blackens or blisters. This skin is then rubbed off with a coarse cloth and the peppers rinsed in warm water. This process softens the peppers and they are pressed flat and packed into jars, the top put on loosely as in any canning, then processed for forty minutes. Remove, tighten lids, and set away. Pints are best to use. The peppers send out a fluid or oil which gives the fluid for keeping.

MEMORANDUM

CONFECTIONS

CANDIED ORANGE PEEL

When peeling the oranges cut rind into quarters, then cut into long, thin strips. Put in a pan, cover with cold water, bring to the boiling point and drain. Allow 1½ c. sugar and 1 c. water to six oranges. Put this into granite pan and bring to a rapid boiling point. Add the orange peel and boil down quickly. When the syrup is almost cooked away take off the fire and stir in 1 c. sugar. Stir this until almost cold, separate strips and lay on platter to cool.

ORANGE STRAW CRYSTALS

Cut rind of thick skinned oranges into strips with scissors. Boil strips in rapidly boiling water 5 minutes. Drain. Repeat this three times. Make heavy syrup of 1 cup sugar to 3 tbsp. water. Put in the straws and cook about 20 minutes. Roll each straw in granulated sugar that has been placed in a platter. After rolling each piece thoroughly, lay on waxed paper on a shallow pan and put in oven to dry.

CANDIED APPLES

Boil 1 c. molasses, 1 c. brown sugar, butter size of egg until it hardens in cold water. Put sticks in stem end of apple and dip in taffy until covered. Place on buttered pan.

FONDANT

Mix 1 c. of sugar with 1-8 tsp. cream of tartar and add 1-3 c. of boiling water. Place on stove with small amount of heat, and stir until sugar is dissolved. Do not stir after it begins to boil. Let boil slowly until it will form a soft ball in water. Pour on an unbuttered plate to cool.

CANDIED GRAPES

Select firm bunches of large white grapes. Pick and wash. Make a syrup by boiling 1 pound of sugar to 1 pint of water, until it hardens in cold water. Take from fire and dip grapes when syrup has cooled slightly. Do not stir syrup. Quarters of oranges, tangerines, cherries and other fruits may be served this way.

DATE LOAF OR DATE CANDY

2 c. sugar.
1 c. milk.
1 tbsp. butter.
1 c. seeded dates.
1 or 2 c. nuts (pecans)

Boil sugar, milk and butter. Then add dates and stir and boil until it forms a soft ball when dropped in water. Add pecans; then pour int oa towel which has been wet and shake until it forms a roll. Then cut and wrap in oiled paper.

DAKOTA CARAMELS

2 c. sugar.
1 c. molasses.
¼ lb. grated chocolate.
1-3 c. butter.
1 c. milk.
1 c. shelled, chopped nuts.

Put all ingredients, except nuts, into a large sauce pan. Cook 20 minutes over a gentle heat and then test by dropping a little of the mixture into cold water. If it forms a firm ball remove from the fire, add chopped nuts and pour into greased pan. Cut into squares when nearly cold.

BUTTER SCOTCH

Put 2 c. sugar, 2 tbsp. water, and a piece of butter size of an egg in a saucepan and cook without stirring until a little dropped in cold water is hard and brittle. Pour into well greased plates and when nearly cold mark into squares.

CHERRY PASTE

1 level tsp. baking powder.
3 level tsp. powdered gelatin.
1¼ c. water.
1 level c. chopped, preserved cherries.
2 level c. sugar.
A few drops red cherries.
1 lemon.
Confectioners' sugar.

Put gelatin, baking powder, water, sugar, grated rind and strained juice of lemon into a saucepan; bring to a boil and boil gently for fifteen minutes, stirring constantly. Rinse a deep plate with cold water, put in red color and cherries. Strain in mixture and stir. Set in a cold place until firm, then cut into neat squares, using a knife constantly dipped into hot water, and roll in confectioners' sugar.

DIVINITY CANDY

1st part:
  1 c. white Karo.
  3 c. sugar.
  1 c. water.
2nd part:
  2 c. sugar.
  1 c. water.
  Whites of 3 eggs.

Put first portion in saucepan and cook until it spins a thread and pour over whites of 3 eggs; beat in well. Next beat in second portion which has been cooked until it spins a thread. Beat until thick enough to drop.

MARSHMALLOWS

2 c. sugar.
1¼ c. water.
2 tbsp. granulated gelatin.
1 tsp. vanilla.
Pinch of salt.

Put half of the water over the gelatin to soak for five minutes. Add the other water to the sugar and boil until it gives a short thread or reaches 238 degrees, using a Taylor's thermometer. Remove from the fire and add the gelatine and let stand until partly cooled. Add flavoring and salt. Beat until the mixture becomes white and thick. Pour into pans one inch thick. Have pans dusted well with powdered sugar. When chilled, loose sides and turn out on a board; cut in one-inch squares, roll in powdered sugar.

RAISIN DELIGHT

½ lb. raisin.
½ lb. figs.
½ lb. shelled nuts.
¼ c. pulverized sugar (if desired).

Put fruit and nuts through food chopper and if not of smooth consistency, put through the chopper a second time. Shape the mixture into a cylindrical roll about two inches in diameter; wrap in wax paper until ready for use. If the mixture is stiff, it may be moistened slightly with orange juice or honey. Excellent for school lunches.

CANDY WITHOUT SUGAR

Two cups raisins, one cup nut meats, ¼ cup honey. Grind the nuts and raisins in food chopper. Mix with honey. Pack under weight for twenty-four hours. Cut into bars.

GLACE PECANS

1 c. sugar.
1 c. pecan meats, whole.
½ tsp. vanilla.
Pinch of salt.

Put sugar into a heavy skillet to melt (no water used). When a golden brown add nuts, flavoring and salt. Mix well and pour into a buttered dish. When cold break into pieces convenient to handle.

MEMORANDUM

EGG AND CHEESE DISHES

CHEESE SOUFFLE

2 tsp. shortening.	Pinch cayenne.
3 tsp. flour.	3 eggs.
½ c. scalded milk.	¼ c. grated cheese.
½ tsp. salt.	

Melt shortening. Add flour. Mix well. Add scalded milk gradually. Add salt cayenne and cheese. Add beaten egg yokes. Fold in beaten whites. Bake in buttered baking dish in a very slow oven about 20 minutes. Serve at once as all souffles fall if allowed to stand.

EGGS A LA SWISS

4 eggs.	Suet, pepper, cayenne.
½ c. milk.	2 tsp. grated cheese.
1 tsp. butter.	

Melt butter in frying pan. Add milk. Slip in eggs one at a time. Cook very slowly. Sprinkle with salt and pepper and a few grains of cayenne. When whites are nearly firm, sprinkle with the grated cheese. Let cook until the cheese is partly melted. Serve on slices of freshly buteered toast with milk poured over it.

CHEESE FONDES

1 c. scalded milk.	1 tsp. shortening.
1 c. stale bread crumbs.	½ tsp. salt.
½ c. grated cheese.	3 Eggs.

Mix first five ingredients. Add beaten yokes. Fold in the stiffly beaten whites. Bake in buttered baking dish in very slow oven about 20 minutes.

STUFFED EGG

6 eggs.	1 tps. prepared mustard.
2 strips of bacon.	Salt and pepper to taste.
2 tsp. chopped pickle.	

Boil eggs about fifteen or twenty minutes. When done plunge into cold water. Crack each egg so it will peel smooth and easily. Peel and cut into halves lengthwise. Mash yokes with a fork. Broil bacon until very crisp. Mince fine; add bacon and greese to yokes. Add other ingredients. Mix and refill the whites. Butter may be used instead of bacon greese. Any other seasoning may be added such as parsely, celery or onions. If a sandwich is to be made, chop both white and yoke, mix with seasoning and put between slices of bread.

CHEESE BALLS

To one cup of American cream cheese grated, add one-quarter teaspoon salt, a shake of paprika, three or four drops of Worcestershire sauce and a pinch of baking powder. Beat the whites of two eggs stiff and add to the cheese mixture. Make into small balls like marbles, roll in bread crumbs and fry quickly in hot fat. Serve hot, and eat immediately.

EGGS IN A NEST

Separate the white from youlk, being careful to keep the yolks whole. Beat the white with a pinch of pepper and salt. Heap on a circle of toast. Make a hollow in the top and put into it the yolk. Bake a few minutes in a moderate oven.

SCALLOPED EGGS

1 c. of crumbs.
6 hard-cooked eggs.
1 c. scalded milk.
2 tbsp. butter.
1 tsp. salt.
¼ tsp. pepper.

Scald the milk; add the pepper and salt and butter. Cut eggs into slices and fill a bacon dish with alternate layers of eggs and pour milk over it and bake in a moderate oven for 20 or 30 minutes. This is good for supper.

OMELET

Separate 3 eggs and beat yolks light; add 3 tbsp. of cold water and salt and pepper to taste. Beat whites until stiff. Pour the yellow mixture over whites, fold together. Have melted in skillet two tbsp. of butter (or cooking oil), pour in the mixture; have a medium heat, cook until brown around the edges and risen well. Set in hot oven or under the blaze (if gas is used) and cook until brown and firm. Turn out on hot platter and serve at once. Have skillet good and hot when mixture is put in, then lower the heat. A heavy fry pan is best to use. Will serve four persons.

MEMORANDUM

MEATS AND FISH

MINCED OYSTERS

1 pt. of oysters.
1 c. milk.
2 tbsp. butter.
4 tbsp. Roller Champion flour.
Salt and pepper to taste.
Small part grated lemon peel.
Slice green pepper, onion and carrot.
Stalk of celery.
½ c. toasted bread crumbs.
2 egg yolks.

Heat oysters until they curl slightly. Drain and chop. Melt butter in a frying pan and cook the vegetables until brown. Remove and put in the flour and brown, being careful not to burn. Add the milk which is warm and make a thick sauce. Remove from the fire and cool slightly. Add oysters, seasoning and crumbs; when well mixed, add beaten eggs; put into shells, individual dishes, or one large dish, cover top with buttered crumbs, and cook just long enough to cook the egg and get very hot. Serve immediately. If the mixture should be too stiff after getting together, use a little of the drained oyster liquor. Any kind of seasonings liked may be used in place of those mentioned. A rich brown sauce is better than a white one, thus the brown sauce is given. The white could be used if preferred. This will serve five.

BAKED FISH

Select the desired size fish, dress, leaving the head on. Open down the front from head to tail, cut half inch deep on each side of backbone and remove the bone. Open the fish and season with salt and pepper. Fill with a stuffing made same as for turkey or chicken. Sew fish up with a few stitches of coarse thread, leaving so the string can be pulled out when done. Rub over with butter or drippings and place into a baking pan, sprinkle with flour and put into a very hot oven for five or ten minutes. Reduce the heat and add half cup of hot water to baste with. Cook fifteen minutes to the pound and have the skin well browned, basting occasionally. When done place on platter. To serve, cut entirely through the fish, giving a portion of fish and dressing. Rich sauce or gravy may be made from the drippings and removed bone, seasoned highly with vinegar, mustard, catsup and sauces, and served over each portion. If the fish is baked on a pyrex platter, no moving is required. A small, flat tin in the baking pan will aid in getting the fish on the platter without breaking. The eyes should be removed and when done fill the eplaces with small radishes or with cranberries.

CREAMED CHICKEN

1 cooked chicken, ground.
Nuts.
Onions.
4 boiled eggs.
Mushrooms.
Green peppers.
Pimentoes.
Salt and pepper.
Cream sauce.

CREAMED TUNA FISH

1 can tuna fish.
1 onion.
Breadcrumbs.
Cream sauce.

Put in baking dish a layer of tuna fish, bread crumbs, and pour cream sauce over and bake 20 to 30 minutes.

SALMON CROQUETTES

1 can red salmoon.
Creameed potatoes.
Onion to taste.
Bread crumbs.
Cream sauce.

Steam from 1 to 2 hours and make small balls and roll in cracker crumbs and fry.

CUBAN STEW

Put into a casserole or dutch oven a pound of lean meat. Around this put as many potatoes as the family will need, 3 carrots sliced, 1 pint of tomatoes, 1 onion, 1 green pepper with seeds removed, 1 cup of butter beans, 3 ears of corn cut from the cob. Sprinkle the top with salt and pepper, fill the vessel with water, put into a slow oven and cook until the meat is tendeer. Add a little flour thickening, 2 tbsp. of chopped parsley, 2 tbsp. of Worcestershire sauce and 1 small pod of garlic. Continue the cooking until seasoning strikes through well. Should the water cook out, replenish when the stew is half done. If added too late it will not be so good. The gravy is rich and thick, and the entire meal can be cooked with little attention. Serve on a large platter and place the vegetables around the dish. What is left over can be reheated the next day, and is just as good or beter.

SAUCE FOR OYSTER COCKTAIL

4 c. tomato catsup.
¼ c. Worcestershire sauce.
Juice of two lemons.
1 c. celery chopped very fine.
Season highly with salt and pepper (red or tobasco sauce).

Select oysters, wash, and remove all pieces of shell. Drain well. Mix the sauce, pour over the oysters (one quart), let stand on ice for one hour or more, serve very cold with crackers. This will serve 12 guests, about 6 oysters for each one.

CHICKEN CROQUETTES

Boil a chicken (hen) until very tender, pick meat from bones, rejecting any gristle and skin. Put through food chopper. For every cup of ground chicken use half cup of white sauce, season with salt, pepper, and finely ground parsely. Mix and set aside to get cold so the croquettes may be shaped; then make into any desired shape, roll in fine dry bread crumbs again. Fry in deep fat until a golden brown. Drain on paper napkin. Use the whole egg, adding one tbsp. of cold water to the egg. Have the mixture soft so the inside will be soft and creamy. Do not put raw eggs into croquettes, as it makes them tough. One hen usually makes about two dozen croquettes.

BRUNSWICK STEW

1 fowl.
1 qt. of corn.
1 qt. of tomatoes.
1 pt. okra.
1 pt. butter beans.
2 onions.
Salt and pepper to taste.

Boil chicken until it will leave the bones and be very tender. Pull meat from bones and cut into large cubes; return to the water in which it was cooked, add vegetables, and cook down until a thick mixture. Cook slowly and stir often to prevent scorching. Fresh vegetables are best, but the canned may be used. Any vegetable liked may be added.

CHOP SUEY

3 c. diced cold pork, more or less.
1 c. diced celery.
1 c. finely shredded celery.
1 large raw pepper minced fine.
4 onions, minced.
2 c. thick brown sauce.
2 tsp. salt.
1 tsp. Worcestershire sauce.
Red pepper to taste.

Cook all together until the celery and cabbage are tender. This is served over dry rice or noodles. Have all very hot.

HAM CROQUETTES

1 c. ham, chopped fine.
½ c. mashed potatoes.
½ level tsp. chopped parsley.
1 egg.
1 level tsp. baking powder.

Mix all ingredients together well, shape and roll in bread crumbs. Fry in deep fat.

BEEFSTEAK PIE

2 lbs. round steak.
1 onion, sliced.
2 level tbsp. Roller Champion flour.
2 level tbsp. butter.
2 potatoes, sliced thin.
Salt and pepper to taste.

Crust:
1 level c. Roller Champ. flour.
2 tbsp. lard.
1 tbsp. butter.
2 tbsp. baking powder.
½ tsp. salt.
½ c. milk.

Cut steak into squares, cover with boiling water, add sliced onion and potatoes; cook until tender. Add seasonings and remove meat into casserole. Cream butter and flour and add to gravy. Pour over meat. Mix crust to make a soft dough. Roll out an inch thick, place on top of meat and gravy and bake in hot oven.

PRESSED OR JELLIED CHICKEN

Two hens boiled until very tender, so that meat will almost drop from the bones. Salt while cooking. Remove the meat, keeping the the white and dark meat separate. Into a brick-shaped pan (bread pan of aluminum or granite) arrange a layer of white meat (shredded), then one of the dark, giving a sprinkle of salt and pepper if needed, until the pan is full or all used. Cool the water in which the chickens were cooked, remove all grease, boil down until there two cups (one pint); be sure to season to taste. Soak for five minutes in one-fourth cup of cold water two tbsp. of plain gelatine (Knox No. 1). Pour over the gelatine the boiling chicken stock to melt the gelatine. Pour this mixture over the arranged chicken, put in ice box to jell. When firm, unmold, slice and serve as a meat or with mayonnaise for a salad. Nuts may be added if for a salad. Strips of red or green peppers along with the chicken makes a pretty and tasty dish.

SALMON AND TOMATO

1 can salmon.	¼ level tsp. salt.
1 c. stewed tomatoes.	⅛ level tsp. pepper.
1 level tbsp. melted butter.	½ level tsp. baking powder.

Remove all bone and skin and flake salmon. Mix in the other ingredients, turn into a baking dish, dust top with bread crumbs and bake twenty minutes in moderate oven.

MEAT LOAF

2 lbs. round steak.	1 level tsp. salt.
½ lb. fat pork.	½ level tsp. baking powder.
2 c. toasted bread crumbs.	¼ level tsp. pepper.
1 grated onion.	1 egg.
2 c. milk.	

Put steak and pork through meat grinder twice. Mix with crumbs, onion, salt, baking powder and pepper. Add egg slightly beaten. Mold into loaf and put in hot oven for 10 minutes. Pour over loaf one can of condensed soup, one cup of water. Put back in oven for two hours.

VEAL CUTLETS

1½ lb. veal cutlets cut thick.	Bread crumbs.
1 small egg.	Seasoning.

The meat may be cut into pieces or left whole. Season with salt and pepper. Dip each piece into well beaten egg, drain and drop onto a paper of bread crumbs. Melt and heat a little fat in a frying pan and cook the meat golden brown. Meat must always be thoroughly done. Serve with gravy or tomato sauce.

PORK SALAD

1 lb. roasted pork ground in food chopper.	1 c. ground cabbage.
1 onion.	3 hard-boiled eggs.
3 sour pickles.	Salt and pepper to taste.

Chop onion, eggs, and pickle. Mix ingredients and season. Mix with cooked mayonnaise.

CHICKEN SALAD

Meat of 1 chicken, minced.	1 c. ground cabbage.
1 onion.	3 hard-boiled eggs.
3 sour pickles.	Salt and pepper.

Chop ingredients and mix with mayonnaise.

STUFFED PEPPERS

1 lb. round steak.	Bread crumbs.
6 green peppers.	Salt and pepper to taste.
Onion to taste.	Cream sauce.
1 c. creamed potatoes.	

Fry steak and grind. Mix creamed potatoes and bread crumbs with meat. Pour cream sauce over enough to make stick. Take peppers and wash and cut off small end and stuff. Put in pan to bake with enough water to cover half of peppers. Bake until tender. Cover with tomato sauce or cheese.

MEAT LOAF

1½ lb. steak.	2 eggs.
1 lb. pork chops.	1 green pepper.
1 onion.	Salt and pepper.
1 can tomatoes.	

Grind steak, pork chops, onion and pepper. Put a layer of meat and layer of tomatoes until pan is full. Pour tomato juice over and bake from two to three hours. Slice and serve.

STUFFED STEAK

1½ lb. round steak.	1 onion.
3 c. bread crumbs.	Salt and pepper.

Make a dressing of bread crumbs. Fry onion. Roll steak with the dressing inside. Bake until tender. Bake from 1 to 1½ hours. Cover with a tomato sauce or serve plain.

SWISS STEAK

Beat a 2-pound Swiss steak until it is almost a pulp. Season with salt and pepper. Beat in as much Roller Champion flour as you can.. Have skillet half full of lard, let come to a boiling point, put steak in and brown on each side. Pour grease out, leaving about a half cup in skillet. Pour boiling water over steak. cover tightly, put in oven and bake 45 minutes. Keep water added during baking.

BEEF ROAST

Salt roast and parboil until done (about 2 hours). Sprinkle roast with Roller Champion flour; pepper; pour over top about ½ cup of vinegar, ½ cup tomato ketchup. Place in oven and let cook about an hour in roaster, basting frequently.

ROLLED FLANK OF BEEF

Use flank steak or round steak. Wipe with clean, damp towel. Trim if necessary. Pound thoroughly to break the muscles. Spread with a stuffing. Roll up loosely, dredge with flour, sprinkle with salt and pepper. Place in roasting pan with small amount of water. Surround with potatoes or any desired vegetables. Place strips of bacon or salt pork across the roast. For the stuffing take 1 c. stale bread crumbs, 2 tbsp. melted fat, 1 tsp. finely chopped onion, 2 tbsp. chopped parsely. Moisten with hot water. Season with salt, pepper, cayenne.

CHICKEN FRICASSEE

Dress, clean and cut up a fowl. Put in a kettle and cover with boiling water. Let cook slowly until the meat is tender. Remove from water. Dredge with flour and saute to a golden brown. Arrange on pieces of toast and pour over it a white sauce or a brown sauce made from the chicken stock. This method may be reversed in the following way: Dredge each piece of chicken with flour. Sprinkle with salt and pepper. Saute until well browned. Then cover with boiling water and let cook very slowly until the meat is tender. This is one of the best methods for using a tough fowl. Serve on toast with white or brown sauce.

BROWN BEEF STEW WITH DUMPLINGS

Cut meat into pieces. Put in a cooking vessel with small amount of fat. Turn until well browned on all sides. Cover with boiling water and let cook slowly until meat is tender. Season with salt, pepper, onion and celery. When nearly done add any desired vegetables such as potatoes, carrots, etc. For the dumplings use 2 c. Roller Champion flour, 4 tbsp. baking powder, ½ tsp. salt, 2 tsp. butter, about 3-4 cup milk or water. Mix and sift dry ingredients. Cut in butter; add liquids gradually, using a fork to mix it in. Use only enough liquid to gather dough in lumps. Avoid stirring. Roll on board to half an inch thickness and shape with cutter or drop from spoon onto pieces of meat or bone. Cover and let steam 12 to 15 minutes. The cover must not be removed until the time is up.

BEEF CROQUETTES

Use cold cooked beef. Chop or put through food chopper. Season with finely chopped onion, salt and pepper. Add small amount of thick white sauce. Shape and dip in beaten egg. Roll in bread crumbs. Egg and roll in crumbs again. Fry in hot fat to a golden brown. Drain on brown paper.

SALMON CROQUETTES

Pull salmon apart with fork and remove bones. Add few drops of lemon juice, salt and pepper and a dash of cayenne. Add thick white sauce. Egg and crumb as for beef croquettes.

RICE CROQUETTES

Use cold cooked rice. Season with salt. Add a beaten egg. Proceed as for salmon croquettes.Any proportion of cold cooked beef and rice may be used together and proceed as above, or salmon may be substituted for the beef.

PAN BROILING

Use only tender cuts of steak, usually one or two inches thick. Wipe with clean, damp towel. Place in a very hot frying pan with no fat in it. Turn meat so that both sides are quickly seared. Then reduce heat and cook slowly 5 to 10 minutes. Season with butter, pepper and salt. Serve at once.

MEMORANDUM

GINGERBREAD, COOKIES, AND DOUGHNUTS

DOUGHNUTS

1 c. sugar.
½ c. sweet milk.
3 tbsp. butter.
2 eggs.
3 tsp. baking powder.
⅛ tsp. salt.

Roller Champion flour to make into a stiff dough. Mix all together and add sufficient flour to knead smooth and roll out about one-fourth inch thick. Fry in deep fat, drain and sprinkle with 4 tsp. sugar.

FUDGE COOKIES

1 c. sugar.
3 eggs, well beaten.
½ c. melted butter.
2 squares bitter choc., grated.
3-4 c. sifted Roller Champion flour.
½ tsp. baking powder.
Pinch of salt.

Spread very thin and bake in wide pan.

FROSTING

Cook 1 cup of sugar, 1-3 cup of milk and 1 square of chocolate until it forms a soft ball in water; add vanilla and beeat until creamy. Pour over cookies and cut in squares.

DOUGHNUTS

1 c. sugar.
2½ tbsp. of butter.
3 eggs.
1 c. of milk.
4 tsp. baking powder.
¼ tsp. cinnamon.
¼ tsp. grated nutmeg.
1½ tsp. of salt.
Roller Champion flour enough to roll.

Cream the butter. Add half cup of sugar. Beat egg until light and add remaining sugar, and combine the mixtures. Add 3½ cups of flour, mix and sift with baking powder, salt and spices. Then enough more flour to make dough stiff enough to roll. Toss one-third of mixture on floured board, knead slightly, pat, and roll out to one-fourth inch thickness. Shape with doughnut cutter, fry in deep fat, and drain on brown paper when brown on both sides.

APPLE SAUCE CAKE

1 c. sugar.
½ c. lard.
2 c. Roller Champion flour.
1 box raisins.
1½ c. apple sauce.
1½ tsp. cinnamon.
½ tsp. cloves.
½ tsp. nutmeg.
A pinch of salt.

Dissolve 2 tsp. soda in little boiling water and add to sauce. Mix sugar and lard, flour, raisins, spices, lastly apple sauce.

ANGEL CAKE

Whites of 8 eggs.
1¼ c. of sugar.
1 c. Roller Champion flour.
½ tsp, cream of tartar.
1 tsp. almond extract.
1 tsp. salt.

Add salt to whites and beat to foam; add cream of tartar and beat stiff. Sift sugar, sprinkle over whites, fold in until dissolved. Sift flour four times, then measure, add flour to whites. Fold in lightly. Do not fold in longer than to dissolve. Pour into ungreased pan and bake 45 to 50 minutes in moderate oven. Remove from oven; invert pan and allow to stand until cold.

ICE CREAM AND ICES

FROZEN PEACHES

Dissolve 2 cups of granulated sugar in the juice from one can of peaches, mash the peaches fine, place in freezer, add the juice and finally the well beaten whites of 3 eggs. Freeze as usual This will serve 10 persons.

CHARLOTTE RUSSE

One pint milk, 1 box Knox's gelatine; heat in kettle until gelatine is dissolved. While the mixture is cooling, whip one quart of cream and mix the above. Add 1 cup sugar sugar, 1 teaspoon sugar, 1 teaspoon vanilla. Stir all together until it begins to thicken, then pour into moulds or dish lined with lady fingers. Make in morning for tea.

WHITE CHARLOTTE RUSSE

To ½ box of Knox gelatine or 1 envelope, add 1 cupful of cold water; let stand one hour or more, then put on the fire to dissolve. Whip one pint of double cream, sweeten to taste and flavor with vanilla; to this add the gelatine, a little more than milk warm; mix thoroughly; lastly add the well beaten whites of four eggs. To this may be added crystalized fruits, cut fine and pecan nuts.

CHERRY CHARLOTTE

One package of Knox gelatine, 1 cup cold water, 3-4 cup sugar, 2 cups boiling water, 1 pint of heavy creaem (whipped), 1 cup of diced maraschino cherries. Let gelatine mixture begin to thicken, but not harden, then whip until light and add to whipped cream. Add cherries.

COCOANUT CREAM

One-half envelope Knox gelatine, ¼ cup cold water, 2 eggs, 1-3 cup sugar, 2 cups condensed milk and water, 1 cup shredded cocoanut, ⅛ tsp. salt, 1 tsp. vanilla. Soak gelatine in cold water 5 minutes, make custard of yolks of eggs, sugar and milk. Remove from range and add soaked gelatine. When mixture begins to set, add cocoanut, whites of eggs beaten until stiff, salt and flavoring. Line a mold with sections of orange, pour in mixture and chill.

FLOATING ISLAND

One-half package Knox gelatine, 1 pint water. Soak 20 minutes, add 2 cups sugar, set on stove and let it come to boil; when nearly cold add white of 4 eggs beaten stiff, the juice and rind of 2 lemons. Make custard of yolks of 4 eggs, 1 quart of milk and small tablespoon of corn starch. Sweeten to taste.

PINEAPPLE MOUSSE

One can sliced pineapple, 2 tbsp. lemon juice, ½ cup sugar, ½ tbsp. Knox gelatine, ½ pint whipped cream. Soften gelatine in ¼ cup cold water, bring 1 cupful pineapple juice and sugar to boil. Add gelatine and when cool add lemon juice and 3 slices pineapple shredded. When reeady to set fold in pint of creeam, whipped. Arrange whole slices of pineapple about an oiled mold and pack in ice and salt for four hours. Dip mold in warm water to serve.

STRAWBERRY CREAM

1 pt. packet strawberry jelly.	1/8 pint cream.
1/4 pt. Libby's evaporated milk.	Candied fruits.
1 tbsp. sugar.	

Divide jelly packet into two equal parts. Dissolve one part of jelly in half pint of boiling water. Cool and place thin layer in bottom of wetted mold. Arrange candied fruit on layer. Set candied fruit with second layer of jelly. Dissolve second part of jelly packet in 1/4 pint of boiling water. When cool, but not set, add cream, sugar and evaporated milk. With a wire whisk beat slowly and steadily for 7 minutes, then pour into mold. When thoroughly set turn out carefully. A less rich sweet can be made in the same way, using 1/8 pint of Libby's evaporated milk and no cream.

ICE CREAM

1 can. Bordens milk.	1/2 lemon.
1 can water.	2 bananas, mashed.

Freeze slightly before adding juice of 1/2 lemon. Makes nearly half a gallon.

LEMON SHERBET

One quart of milk, 2 cups sugar, juice of 3 lemons. This makes nearly half a gallon.

STRAWBERRY SHERBET

One quart berries, mashed; 1 cup sugar, juice of 1 lemon, 1 pint of cold water. Freeze.

PINEAPPLE SHERBET

Mix 1 can grated pineapple, 2 c. sugar, 1 can Eagle milk, and water to make a gallon. Place in can and freeze.

LEMON SHERBET

Dissolve 2 cups sugar in 1 quart milk, and very slowly add the juice of 3 lemons. Freeze.

APRICOT ICE CREAM

Mix 1 can apricots mashed fine, 2 c. sugar, 1 can Eagle milk, 1 package ice cream powder, water to make a gallon. Freeze.

FROZEN CUSTARD

1 qt. milk.	1 tbsp. vanilla.
4 eggs.	2 tbsp. cornstarch.
1 c. sugar.	Little salt.

Put milk in double boiler to scald. Moisten cornstarch with little cold water, add to hot milk and stir until slightly thickened. Beat the eggs and sugar until light. Add to hot milk, stirring constantly. Cook one minute. Remove from fire and add vanilla. When cold, freeze.

FROZEN PEACHES

2 lbs. peaches.	6 peach kernels.
1 qt. water.	1½ lbs. sugar.

Pound peach kernels to paste, add to sugar and water and boil 5 minutes. Strain and cool. When cold add peaches, washed. Freeze, turning crank slowly. Repack to ripen.

PASTRIES AND PIES

COCOANUT PIE

1 c. milk.
1 c. sugar.
2 egg whites.
2 tbsp. Roller Champion flour.
Lump butter.
2-3 cup shredded cocoanut.

Cook until it boils. Pastry for same—Let cool, add filling, spread the whites on, whipped stiff, and cover with cocoanut.

Grate rind of 1 lemon.
Strain juice of 1 lemon.
1 c. sugar.
2-3 c. water.
2 egg yolks.
2 tbsp. Roller Champion flour.
Lump butter.

Cook until it boils. Place in baked pastry and cover with meringue made with whites whipped to a stiff froth.

PUMPKIN PIE

2 eggs well beaten.
2 c. milk.
3-4 c. sugar.
1½ c. pumpkin.

Salt to taste, season with nutmeg, cinnamon, and a little ginger. Add a little melted butter.

APPLE DUMPLING

Slice apples in small pieces, place in pastry in mound; add cinnamon, butter, and sugar. Roll up pastry; put in pan. Fill pan about half full of water, with a little syrup.

SWEET POTATO PIE

2 c. mashed potatoes.
Tbsp. butter.
1½ c. sugar.
3 egg yolks.
1 c. milk.
1 tsp. lemon juice.
Little cinnamon or spice.
Pinch of salt.

Make meringue of whites. This makes two pies.

PASTRY

Mix 1 pint sifted Roller Champion flour, 2 heaping tbsp. crisco, and 1 tsp. salt together with fork. Pour in gradually about 4 tbsp. of ice cold water, and continue mixing with spoon or fork. Put on board and do not knead any more than can be helped. Roll and fill pies as desired.

APPLE PAN PIE

Pastry:
1 tsp. salt.
2 tsp. baking powder.
2 c. Roller Champion flour.
½ c. shortening.
Water to make a dough.

Cover bottom and sides of pan with pastry. Place on pastry a layer of sliced apples, spice, butter and sugar. Drop dumplings of pie dough on top of first layer. Make second layer of apples, butter, etc. Sprinkle with flouron top for thickening and pour enough water in to be even with first layer of fruit. Strip across top with pastry strips and bake in oven.

RHUBARB PIE

2 c. rhubarb.	1tbsp. corn starch.
1 c. sugar.	¼ tsp. salt.

Cut off root, stem ends and peel; cut into small pieces; put into deep pie plate which has been lined with paste; add corn starch, salt, and sugar. Cover with paste and bake about half an hour.

BUTTER SCOTCH PIE

1½ c. brown sugar.	2 level tbsp. Roller Champion flour.
1 c. milk.	2 level tbsp. meal.
1 heaping tbsp. butter.	1 tsp. vanilla.
3 eggs (whites for meringue).	

Cook in double boiler until thick. Take off and add butter. Pour into previously baked pie crust and cover with meringue made from the whites of three eggs.

To make meringue that never fails, beat eggs lightly but not stiff. Then add 1 tbsp. for each egg used. Continue to beat until very stiff.

PIE CRUST

1 c. Roller Champion flour.	Pinch of salt.
¼ c. snowdrift.	Ice cold milk.

Work very little and roll very thin.

EGG CUSTARD

Beat 3 eggs slightly; add 4 tbsp. sugar, ¼ tsp. salt, 2¼ c. milk. Sprinkle ⅛ tsp. nutmeg. Bake fast for 10 minutes, then lower heat for 30 minutes.

PUMPKIN PIE

Beat 2 eggs well, add 1 tbsp. Roller Champion flour, 1½ c. milk, ½ tsp. cinnamon, 1 tbsp. molasses, 1 tsp. salt, 1¼ c. sugar, ⅛ tsp. of nutmeg, 2 c. pumpkin.

PASTRY

For one large sized pastry shell measure and sift together 1½ c. of Roller Champion flour, ½ tsp. of salt, ½ tsp. baking powder. Then work in 1-3 c. shortening with tips of fingers until mixture resembles coarse meal. Next add gradually 3 or 4 tbsp. cold water, mixing with a knife t oa stiff dough-like consistency. Turn pastry out on a floured molding surface and roll to ⅛ inch thickness, marking it.

COCOANUT CREAM PIE

2-3 c. sugar.
1 c. grated cocoanut.
3-4 c. cocoanut milk and milk.
2 level tbsp. corn starch.
2 eggs.
Pinch salt.

Add beaten egg yolks, sugar and cornstarch to milk, place over slow fire and stir until thick. Remove from fire and add about 2-3 of the cocoanut. Pour into one large or two small baked crusts and cover with stiffly beaten egg whites to which two or three tbsp. of powdered or granulated sugar has been added. Sprinkle cocoa o ntop and brown quickly in oven.

COCOANUT PIE

1 small box cocoanut.
1 c. sugar.
½ tsp. vanilla.
1 c. milk.
3 egg yolks.

Mix and pour without cooking into uncooked pie crust. Put into hot oven and slowly reduce heat. Beat whites. Add 6 tsp. sugar, ¼ tsp. baking powder dissolved in about 1 tbsp. ice cold water, and put on pie in the slowest kind of oven and bake until set and slightly brown.

COCOA-MERINGUE PIE

Mix thoroughly a half cup of cocoa, half cup sugar, two tbsp. of cornstarch, a pinch of salt and a pint of boiling water. Cook in a double boiler until thick, stirring all the while. Remove from the fire and add the yolks of two eggs, well beaten, then cook a few minutes longer. Flavor with half teaspoon vanilla and turn into a previously baked pastry shell. Cover with a meringue. Serve very cold.

BANANA PIE

Fill a pastry-lined pan with sliced raw bananas dotted with bits of butter and sprinkle with half cup of sugar. Pour orange juice or diluted jelly over the fruit, dredge lightly with flour and bake with two crusts.

ORANGE PIE

Orange pie is quite as good as lemon meringue when properly made. Whip the yolks of three eggs with a fourth cup of sugar, add the juice and grated rind of an orange, the juice and grated rind of half a lemon and a small piece of butter. Mix thoroughly and place in a pastry-lined pie pan to bake. When done cover with meringue.

COCOANUT CUSTARD PIE

Use two eggs, 3 tbsp. sugar, ¼ tsp. salt, 1½ cups milk, 1 cup of shredded cocoanut, nutmeg. Beat the eggs, add the remaining ingredients in the order given. Pour into a deep pie pan lined with pastry. Bake until the custard is firm and the crust brown, using a hot oven for a few minutes, then lowering the temperature.

SYRUP CUSTARD

1 c. syrup.
1 c. sugar.
2 tbsp. butter.
3 tbsp. Roller Champion flour.
4 eggs.
1 tsp. vanilla.

Mix flour and sugar together dry. Separate eggs, beat yolks and sugar together, add syrup and vanilla, beat egg whites stiff, mix together well, pour into a rich crust, bake until firm, about 30 minutes in moderate oven. Grease inside of pastry before pouring in the filling. This prevents the liquid making the crust soggy.

THE JERNIGAN RAISIN PIE

2 c. seeded raisins chopped fine.
1 c. sugar.
1 c. vinegar.
1 c. syrup.
½ c. water.
½ c. buttermilk.
½ c. Roller Champion flour.
2 eggs.
Butter size of an egg.
1 tsp. each cloves and cin'mon.
1 tsp. soda dissolved in the half c. of water.

Mix sugar and flour together dry. Dissolve soda in the half cup of water, melt butter, mix all together, pour into an uncooked crust. Put strips of pastry across the top. Bake in moderate oven thirty to forty minutes. This will make two medium pies.

CARAMEL CUSTARD PIE

Place two large tbsp. of granulated sugar over the fire in a saucepan and stir till it has melted and turned deep brown, but not burned. Then pour over it a cup of scalded milk and stir till dissolved. Remove from the fire and pour over two well-beaten eggs which have been mixed with a scant tbsp. of cornstarch and half a cup of sugar. Flavor slightly with vanilla and bake in a pastry-lined pan until the custard is set and browned.

PINEAPPLE PIE

Here is a dessert that will be sure to please the "tired business man," it is so refreshing and tempting. To one small can of grated pineapple add three eggs, 1½ c. sugar, ½ c. cold water and a piece of butter size of an egg. The eggs should be beaten separately and the whites added last, the whole mixture then whipped lightly and baked with an undercrust only. This amount will make two pies.

MARSHMALLOW APPLE PIE

This is very dainty. It is made by filling a pastry-lined pan with well-flavored apples, pared and cored and cut in eights. These are sprinkled thickly with sugar and a few spoonfuls of water poured over them. The pie is baked until the apples are tender, then spread with halves of fresh marshmallows and returned to the oven to brown delicately.

MARLBOROUGH PIE

Steam two large pared and cored apples, and, when tender, press through a sieve. Add a large tbsp. of butter, then cool and beat in the yolk of one egg, the juice and rind of half a lemon, a half cup of sugar and half cup of thick cream. Line the pan and fill with the mixture, bake in a hot oven, then cover with meringue.

PECAN PIE

This pie is an old southern favorite. Scald a cup of sweet milk with a half cup of sugar, thicken when boiling with t tablespoon of Roller Champion flour rubbed smooth with two tbsp. water. Add gradually the well-beaten yolks of two eggs and drop in a spoonful of butter. Cool and add the juice meats. Bake in a pastry-lined pan and finish with a meringue made of egg whites, two tbsp. of powdered sugar and a tsp. of lemon juice. Brown slightly.

STRAWBERRY SHORTCAKE

2 c. Roller Champion flour.
1-3 c. shortening.
1 tsp. sugar.
1 tsp. salt.
5 tsp. baking powder.
1 c. sweet milk, more or less.

Have shortening and milk cold. Make as you would biscuit dough. Divide in two portions; roll out half, put into a cake pan. Cover top slightly with soft butter; roll and add second piece. Bake in quick oven about fifteen minutes, or until done. While hot, lift pieces apart, butter generously, cover with berries, which have been sweetened and mashed. Put on second part; cover top with berries; serve with whipped cream or a jelly meringue. The dough should be hot, the berries crushed, sweetened and cold.

SYRUP CUSTARD

3 eggs.
3-4 c. sugar.
¼ c. butter.
¼ c. milk.
2 tbsp. Roller Champion flour.

Mix sugar and flour together dry; add milk, syrup and melted butter. Cook until thick, pour over beaten eggs, put into a pastry and cook until set or firm, and pastry is done. Cook in a moderate oven about thirty minutes.

MEMORANDUM

SALADS, SALAD DRESSING AND SANDWICHES

WALDORF SALAD

Mix spicy apples which have been carefuly diced with an equal quantity of cut celery and a few white walnuts broken into large bits. Dress generously with mayonnaise. The apples must be dressed as soon as they are cut up to keep their color.

SHRIMP AND CELERY SALAD

After taking shrimp from can, place in very cold water for half an hour. Remove, dry and break in small pieces. Toss together with chopped celery and mayonnaise dressing. Serve on lettuce leaf with garnish of stuffed olives sliced.

SALAD A LA JARDINE

To one pint of chicken add equal parts of asparagus, peas, string beans, celery and a few pecan nut kernels. Mix carefully with mayonnaise and garnish with paprika. Serve on lettuce leaves.

RAW VEGETABLE SALAD

1 large carrot.
1 small rutabaga.
½ c. roasted peanuts.
2 c. shredded cabbage.

Wash and scrape vegetables. Grate carrots and rutabaga. Chop the peanuts. Mix all ingredients with salad dressing and serve ice cold.

HOT POTATO SALAD

Slice cooked potatoes and 1 large onion. Broil a few pieces of bacon until brown and crisp. Then chop. Make a gravy of fat left from bacon. Thicken with small amount of flour and instead of using water, add equal parts of water and vinegar. Pour this over potatoes and let stand in a warm place until ready to serve.

POTATO SALAD

Use any proportion of cooked potatoes, celery, tomatoes and onion. Chop fine. Mix with dressing while it is warm if cooked dressing is used. Chill ingredients before mixing if mayonnaise is used.

PINEAPPLE CREAM

A pineapple cream filling for sandwiches is made by creaming six tbsp. of confectioner's sugar with three tsp. of butter, then add four tbsp. of chopped pineapple, fresh or canned, with the juice drained off. Use with butter-thin crackers. Cocoanut filling is made with one cup of fresh grated cocoanut, one tsp. of lemon juice, three tsp. of sugar, and enough thick sweet cream to moisten.

CHEESE AND JELLY SANDWICH

For cheese and jelly sandwiches spread cream cheese on one butter thin cracker and jelly on another and put them together to make a sandwich. For cheese and olive sandwiches grind two dozen stuffed olives and mix with an equal quantity of cream cheese and spread on thin slices of graham bread.

For cheese and nut filling grind walnuts and mix with an equal amount of cream cheese and add salt and sweet pepper (paprika) for season. Cream cheese mixed with chopped raisins or chopped dates is a good filling.

HAM SANDWICH

A good ham sandwich made with chopped filling is a favorite. To each cup of finely chopped cold ham allow a heaping tbsp. of butter, ¼ tsp. of mustard and a little pepper. Mix well, then heat it thoroughly and pack in a square baking-pan to harden. When wanted cut in thin slices and place between thin slices of unbuttered bread. For egg filling chop finely four hard-boiled eggs and a cup of celery, season with salt and pepper, and melted butter or dressing to bind it together.

SWEET SANDWICHES

Mocha filling between graham crackers is delicious. Take one cup of confectioner's sugar, two tsp. of cocoa, butter the size of a walnut, moisten with hot coffee, beat thoroughly and add a little vanilla. Cocoanut, chopped nuts or raisins can be added if desired. A lemon filling for butter thins is made from the juice of one lemon with a little of the grated rind added, and as much confectioner's sugar as is needed to make a stiff cream.

BREAD AND BUTTER SANDWICHES

Bread and butter sandwiches are delicious if a little onion juice, horse-radish, finely minced olive or sweet pickle is worked into the butter. Brown bread should be baked in a baking powder tin so it will cut nicely and with a filling of Boston baked beans mashed and a bit of chopped pickle added, leaves nothing to be desired.

PEANUT BUTTER SANDWICHES

A new peanut butter sandwich filling is made by mixing an equal amount of peanut butter with good tart apple sauce. Beat this into a paste and spread between crackers. For a fruit sandwich, chopped celery, dates and nuts may be used, with sugar added if a sweet sandwich is desired. For salmon or any other fish sandwich add lemon lemon juice, vinegar or dressing for seasoning. It is not necessary to waste left-over sandwiches nor to serve them dry. Nearly any kind of a sandwich may be toasted lightly on each side and made appetizing.

BOILED DRESSING

1 level tsp. mustard.
1 level tsp. salt.
1 rounding tsp. sugar.
½ c. vinegar, dilute if strong.
3 heaping tsp. Roller Champion flour.
2-3 c. of water.
1 egg or 2 egg yolks.

Mix dry ingredients, add vinegar and cook until nearly thick. pour on well-beaten egg. Place on fire and finish thickening. Beat in a spoon of butter while cooling.

SANDWICH FILLING

1 lb. cheese.
1 c. bread crumbs.
1 can tomato juice.
1 small onion.
Salt and pepper.

TOMATO ASPIC

1 qt. can of tomatoes.
1 bunch of celery.
1 small bottle stuffed olives.
3 tbsp. vinegar.
1 tbsp. grated onion.
1 tbsp. salt.
½ tsp. cayenne pepper.
1 box of gelatine.
½ c. cold water.

Mash tomatoes to a pulp, removing any stem pieces; cut celery fine, slice olives thin; add all of seasonings. Put the gelatine in the cold water for ten minutes, then heat over boiling water until melted; add to the tomato mixture, turn into a mold to jell or individual molds. Rinse the mold with cold water before pouring in the mixture, so it will leave mold easily. A pretty individual salad is to fill jelly glasses to jell, unmold, cut in inch thick slices, put on lettuce with mayonnaise on top. The aspic is not cooked at all. Asparagus or any good kind of vegetables may be added in place of what is used. Serve with mayonnaise on crisp lettuce.

PEANUT BUTTER

Shell and toast peanuts, remove the brown skins, put the nuts through the food chopper, using the fine blade twice. Mix with butter or oil sufficiently to work into a paste. Add salt to taste.

TOMATO SANDWICHES

Select medium size, firm tomatoes, peel and slice in ¼ inch slices, place on napkin to drain; slice bread thin, cutting shapes round with a tea size biscuit cutter; spread both pieces of bread with mayonnaise; place a slice of tomato and the sandwich is finished. Cucumber sandwich is made the same way except slice cucumbers lengthwise, cutting bread in long, slim fingers to correspond with cucumbers.

CHICKEN SANDWICHES

One cup ground chicken, 1 cup celery cut fine then ground, sufficient dressing to make into paste to spread. Cut bread thin and in any shape desired. Spread generously with the filling, using two slices of bread, one for top, one for bottom. Keep until ready to serve.

RUSSIAN SANDWICH

1 c. stuffed olives.
1 c. sour pickles.
1 c. cooked dressing.
1 c. pimentos (sweet red peppers).
Salt and pepper to taste.

Grind olives, pickles and pimentos in a food chopper, drain free of all juice. Add the dressing, more or less, as necessary to the consistency to spread between bread. Use white or rye bread. This quantity will spread about two dozen sandwiches of medium size.

ROLLED SANDWICHES

One cup cooked lean ham, ground fine; 1 cup celery cut fine, then ground; sufficient dressing to moisten and spread well; three or four dill or sour pickles. Mix the filling soft enough to spread. Use fresh, soft bread, remove the crust from the whole loaf, taking enough to remove the hard part next to the crust. Cut slices thin, about ¼ inch, the entire length of the loaf; place on damp towel and keep covered to keep moist. When ready to fill, spread with the mixture, putting enough on to make good. Place pickle across one end of the slice on top of the filling and roll up like jelly roll in a piece of waxed paper. Let stand several hours or overnight. Unwrap and cut into six slices. This gives a sandwich like a jelly roll, showing the pickle in the center. Tongue or any other meat may be used in place of ham.

BANANA SALAD

Slice a banana in four parts, roll in mayonnaise. Grind peanuts, roll banana in nuts, and place on lettuce leaf.

PINEAPPLE SALAD

Slice pineapple round, Fill center with mayonnaise, place grated cheese on top of mayonnaise and serve on lettuce leaf.

PINEAPPLE SALAD

Use sliced pineapple. Fill center with mayonnaise, stick half a banana in center and place a cherry on top and serve on lettuce leaf (candle effect).

WALDORF AND APPLE

Chop finely 1 apple, ¼ cup English walnuts, 1 stalk celery, and mix with salad dressing.

VEGETABLE SALAD

Chop ¼ head of cabbage, 2 or 3 apples, 2 tomatoes, and 1 small can of pimentos, and mix with a cooked mayonnaise dressing.

WALDORF SALAD

Chop finely one lb. malaga grapes, 1 stalk white celery, 4 apples, and one cup of nuts. Mix with an oil dressing.

FRUIT SALAD

Use 1 small can of pineapple, 1 lb. malaga grapes, and 4 oranges. Dice the fruit and serve with oil dressing. Place on lettuce leaf and top with marachino cherries.

JELLIED FRUIT SALAD

Dissolve 2 packages of jello in 1 quart of water. Set aside to cool. Just before it congeals stir in 2 diced apples, 2 bananas cut fine, 1 small can of pears diced, ½ cup chopped nuts. The juice from the pears may be substituted for some of the water if desired. Place in refrigerator to harden. Slice and place on lettuce leaf. Place a spoonful of mayonnaise on top and garnish with diced marshmallows.

PORK SALAD

2 lbs. pork.
1 lb. beef.
1 c. chopped celery.
½ c. nuts.
Chopped pickles.

Run the roasted pork and beef through the food chopper and mix the two ingredients. Add chopped celery, nuts and pickles. Mix with salad dressing and serve on lettuce leaf.

BOILED SALAD DRESSING

3 tbsp. salad oil.
1 tbsp. Roller Champion flour.
1 tbsp. sugar.
1 c. milk.
½ c. mild vinegar.
1 tsp. salt.
1 tsp. mustard.
⅛ tsp. cayenne.
2 eggs.

Stir the dry ingredients in salad oil which has been put in a double boiler. Add the milk and cook, stirring constantly, until the mixture takes on the consistency of cream. Beat the egg yolks slightly and add the vinegar. Pour into the first mixture and cook until thickened, stirring constantly. Chill, and fold in the beaten egg whites.

QUICK MAYONNAISE

1 egg.
½ tsp. dry mustard.
½ tsp. salt.
1 tbsp. lemon juice.
2 c. salad oil or vinegar.

Place the whole egg in a bowl, put in the dry ingredients and add the lemon juice or vinegar; beat these together a few seconds and add small amount of salad oil. Beat until the dressing begins to thicken, then add oil in larger amounts until dressing is stiff.

QUICK MAYONNAISE

Part 1:
  1 egg or 2 egg yolks.
  2 tbsp. lemon juice.
  2 tsp. vinegar.
  1½ tsp. salt.
  Dash of cayenne.
  1 tsp. sugar.
  ½ tsp. mustard.
  1 c. salad oil.
Part 2:
  1-3 c. Roller Champion flour.
  1 c. cold water.
  1 tbsp. butter.

Put eggs and vinegar in mixing bowl. Mix well. Add other ingredients. Not necessary to stir. Mix Part 2 thoroughly and cook over boiling water 10 minutes. Pour this mixture while boiling hot into Part 1. Beat with dover egg beater, then chill. Do not attempt this recipe without a patent egg beater of some kind.

COOKED DRESSING

½ tbsp. salt.
1 tsp mustard.
1½ tsp. sugar.
Dash of cayenne.
1½ tbsp. Roller Champ. flour.
1 egg or 2 yolks.
1½ tbsp. melted butter or salad oil.
3-4 c. milk.
¼ c. vinegar.

Mix dry ingredients. Add slightly beaten yolks. Add butter, milk, and vinegar very slowly. Cook in double boiler until thick. If not perfectly smooth, beat with dover egg beater.

MAYONNAISE

½ tsp. salt.
½ tsp. mustard.
Dash of cayenne.
1 egg yolk.
2 tbsp. lemon juice or vinegar.
1 c. salad oil.

Mix dry ingredients with egg yolk. Add enough lemon juice to mix this smooth. Add oil slowly at first and then as rapidly as it can be beaten in. If mixture should curdle, it may be added slowly to another egg yolk. Use lemon juice or vinegar only when mixture gets too thick to beat. This may be made quickly by using a fork and plate, or with egg beater and a round bowl.

FRENCH DRESSING

½ tsp. salt.
⅛ tsp. pepper.
2 tbsp. vinegar.
4 tbsp. salad oil.
Cayenne.

Mix all dry ingredients and stir until it thickens slightly. This will separate, and must be stirred each time before using. A few drops of onion juice may be added if desired. This is commonly used on fresh, green salads, such as head lettuce.

CHILI SAUCE

24 tomattoes.
6 onions.
6 peppers.
1 tbsp. salt.
2 tbsp. cinnamon.
1 tbsp. spice.
8 tbsp. sugar.
1 quart vinegar.

Chop with a knife the first 3 ingredients. Sprinkle with salt by layers and let stand over night. Squeeze out of salt and barely cover with vinegar. Cook until tender.

VARIATIONS OF MAYONNAISE

Mayonnaise may be varied b ythe addition of any of the following things: chopped hard-cooked eggs; chopped stuffed olives; chopped parsley; finely chopped dill pickles; chili sauce with juice strained out.

TOMATO JELLY SALAD

2 c. chopped tomatoes.
1 bay leaf.
1 small sliced onion.
¼ pkg. gelatin.
¼ c. cold water.

Cook first ingredients about 10 or 15 minutes. Then add softened gelatin. Strain. Add chopped nuts if desired. Pour into a mold and let stand in refrigerator until firm. Unmold on shredded lettuce and serve with mayonnaise. This recipe may be molded without straining.

FROZEN SALAD

1 medium sized cucumber.	¼ tsp. celery seed.
1 small onion.	1 can tomatoes or 4 ripe ones.
1 green pepper.	2 tbsp. mayonnaise.

Chop vegetables and mix all ingredients. Pack in baking powder cans and then pack in mixture of equal parts of chopped ice and ice creeam salt. Keep packed an hour or until frozen solid. Serve in slices, with mayonnaise, on lettuce leaf.

PEAR SALAD

Cut pears in halves after removing skins, or canned pears may be used. Invert on lettuce leaves. Chill thoroughly. Press round surface of pear full of almond or other nuts. Sprinkle with about half tsp. of grated cheese. Serve with mound of mayonnaise.

POINSETTA SALAD

Remove skin and stem from tomatoes. Cut into 5 sections without entirely separating it. Make a mound of chopped celery in center. Cover with mayonnaise and serve on lettuce leaf.

SAUCES

MEDIUM WHITE SAUCE

1½ tbsp. fat (usually butter).
1½ tbsp. Roller Champion flour.
1 c. milk.
¼ tsp. salt.
Little paprika.

Melt fat, stir in flour, heat and stir in milk. Continue stirring until thick and remove from fire and add salt and paprika.

WHITE SAUCES

White Sauce No. 1

1 c. milk.
2 tbsp. Roller Champion flour.
2 tbsp. shortening.
¼ tsp. salt.
Pepper.

This makes a medium thick sauce and is used for creamed vegetables.

White Sauce No. 2

1 c. milk.
½ tbsp. Roller Champion flour.
2 tbsp. shortening.
Salt and pepper.

This is slightly thicker than No. 1 and is used for scalloped dishes.

White Sauce No. 3

1 c. milk.
½ tbsp. Roller Champion flour.
1 tbsp. shortening.
Salt and pepper.

White Sauce No. 4

This makes a very thin white sauce and is used for soup.

1 c. milk.
¼ c. roller Champion flour.
2 tbsp. shortening.
Salt and pepper.

This makes a very thick, white sauce, and is used for croquettes.

Method of Making Sauces.

Melt shortening in top of double boiler. Add flour and stir until smooth. Let cook two minutes. Add milk slowly, stirring to prevent lumps. Let cook 15 to 20 minutes. Add seasoning. Unless cooked this long it will have a pasty taste.

TOMATO SAUCE

1 c. tomatoes.
1 small onion.
Pinch of soda.
2 tbsp. shortening.
3 tbsp. Roller Champion flour.
Salt, pepper, cayenne.

Cook tomatoes with onions until soft. Add soda. Melt shortening and brown slightly. Add flour and stir until thick and smooth. Strain tomato mixture into butter and flour and cook until thick and smooth.

SAUCE FOR FISH

3 tbsp. shortening.
¼ c. Roller Champion flour.
½ tsp. salt.
Cayenne.
1 tbsp. chopped parsley.
1¼ c. hot water.
¼ c. vinegar or lemon juice.
2 hard boiled eggs.

Prepare first 5 ingredients as for white sauce. Cook 15 minutes. Cut whites of eggs in small pieces. Mash yolks with fork. Add parsley, lemon juice and eggs to the first mixture just before serving.

MEMORANDUM

RECIPES FOR THE SICK

MILK TEA

Warm the tea pot, dry it. Put in one tsp. of tea. Pour half pint of boiling milk over. Stir, and let stand for three minutes.

JUNKET

1 pt. sweet milk.	1 tbsp. sugar.
1 Junket tablet.	Vanilla flavoring.

Dissolve Junket tablet in tbsp. of warm water and add to milk in mold. Add flavoring and sugar and stir. Place mold in pan of boiling water and leave until milk is set. Keep in cool place and serve with cream. NOTE—Junket tablets may be obtained from the Gilmer Drug Store. (Adv.)

ORANGE ALBUMEN

Squeeze the juice of an orange, strained, into half a glass of finely crushed ice. Add the white of an egg, unbeaten. With a fork mix so as to get the white broken up with the juice and ice, but do not allow any froth to appear. Serve at once. If too sweet or acid, a bit of sugar or lemon juice improves.

STEAMED EGG

Fill a quart cup or similar vessel with boiling water. Drop in an egg. Place on table, cover top, and let stand 8 minutes. Break into a warm dish. The white will be soft and creeamy, the yellow done, but soft. Season with salt and pepper, add a little butter, serve on toast.

QUICK POTATO SOUP FOR SEMI-INVALID

2 c. peeled and diced potatoes.	½ tsp. salt.
2 c. boiling water.	Few grains of red pepper.

Boil the potatoes until very tender, stir frequently in order to break them, same for the thickening. Heat milk and add to the potatoes; add salt and pepper. Serve with toasted crackers.

CUP CUSTARD WITH MERINGUE

2 c. milk.	½ tsp. vanilla.
3 eggs.	Pinch of salt.
2 tsp. sugar.	2 tsp. Roller Champion flour.

Warm milk. Mix sugar and flour together. Separate two eggs, keeping the two whites for meringue. Beat the whole egg and two yolks together. Add sugar and flour, flavoring and salt. Pour over this the warm milk and mix. Pour into custard cups three fourths full, place in a pan of boiling water and bake in a moderate oven 10 minutes. Make meringue as directed. Put on top of each cup and cook another 10 minutes or until firm. To test insert a spoon into center, or shake to see if firm. When baking place a thick fold of paper in bottom of pan to protect bottom from cooking too much. If too much heat is used the custard will curdle. Caramel, chocolate or cocoa may be used to vary if not too rich for patient.

MERINGUE—2 egg whites, 2 tbsp. sugar. Beat eggs stiff, gently add sugar and beat for two minutes. Place on top of custard and bake about ten minutes, or until brown, using a slow heat.

SOUPS

OYSTER STEW

1 qt. of sweet milk.
1 pt. of oysters.
Butter size of egg.
Salt and pepper to taste.

Bring milk to boil and add oysters, butter and seasoning. When this comes to a boil, thicken with a tbsp. of flour.

VEGETABLE SOUP

Medium sized soup bone.
Sufficient water to cover.
Pint of tomatoes.
3 medium sized potatoes.
1 small onion.
5 pods okra.
1 c. grated new corn.
½ c. spaghetti.

Seaeson with salt, pepper, celery seed. Add a little red pepper or chili pepper if desired.

VEGETABLE SOUP

1-3 c. carrots.
1-3 c. turnips.
½ c. celery.
1½ c. potatoes.
1-3 c. fat.
½ onion.
½ tbsp. parsley.
1 tsp. salt.
⅛ tsp. pepper.
2 qts. water.

Cut vegetables in cubes. Cook the vegetables, except the potatoes and parsley, 10 minutes in suet. Add water and potatoes and cook 1 hour. Add parsley and seasoning. A soup bone may be added if wished.

CREAM OF TOMATO SOUP

Three cups of tomato juice and pulp cooked with ¼ tsp. soda for 1 minute. 3 c. milk scalded with 2 slices of onion; 3 tbsp. Roller Champion flour, 3 tbsp. water, salt and pepper. Follow directions given above. Potatoes, lima beans, string beans, asparagus, or a combination of vegetables such as peas, string beans, spinach, onions, etc., may be used. If the vegetables are finely cut, they may be left in the soup.

CREAM OF PEA SOUP

Drain liquid from 1 can of peas. Set aside 1 cup of the peas; put balance in 1 pint of cold water with 1 sprig of mint or parsley or slice of onion and 2 tbsp. sugar, and cook 20 minutes. Press through sieve. Melt one tbsp. butter, add 1 tbsp. Roller Champion flour, then to this add 1 cup condensed milk, which has been diluted with 1 cup of water. When it thickens, add the strained peas, salt and pepper to taste. When boiling, add the cup of whole peas for garnish.

CREAM OF POTATO SOUP

Cut four medium sized potatoes into small cubes, boil until tender in one pint of water, add one pint of milk, a little grated onion, butter, salt and pepper to taste. Thicken with one tbsp. of cornstarch or flour.

CABBAGE SOUP

2 c. fine chopped cabbage.
1 small onion cut fine.
2 c. milk.
3 tbsp. butter.
3 tbsp. Roller Champion flour.
Salt and pepper to taste.

Put cabbage and onion in one quart of water; boil until very tender, add flour and cook one minute without browning; add warm milk and cook until smooth. Pour into the cabbage mixture, heat to boiling point, sprinkle with paprika or chopped parsley. Serve with brown toast.

LIMA BEAN SOUP

2 c. strained beans.
3 c. sweet milk.
3 tbsp. butter.
Salt and cayenne pepper.

Soak over night one cup of dried butter beans. Put on in one quart water, boil until very soft; put through a strainer, add warm milk seasoning. No flour is necessary, as the beans add sufficient thickening. Parsley, onion or any other seasoning may be added, or boiled with the beans if desired.

CREAM OF CELERY SOUP

2 c. celery.
2 c. sweet milk.
1 quart cold water.
2 tbsp. Roller Champion flour.
1 tbsp. butter.
Salt and pepper to taste.

Wash and dice celery and boil very tender in the water; there should be at least 2 cups of water when finished. Rub celery through a strainer, and return to the water in which it was boiled. Add the salt and pepper. Mix the flour to a paste, steam and add to the milk, which should be warm. Mix with the celery mixture; boil gently for ten minutes and serve.

CREAM OF TOMATO SOUP

1 pint can of tomatoes.
1 slice of onion.
Salt and pepper.
3-4 tsp. soda, lightly measured.
1 qt. milk.
4 tbsp. butter.
4 tbsp. Roller Champion flour.

Boil tomatoes in their own liquid until done (about 15 or 20 minutes). To this add the onion and when done, strain. Scald the milk and add thickening before putting in tomatoes and it will not curdle. Keep hot, but do not allow to boil. The soda, too, prevents the tomatoes curdling and corrects the acid.

MEMORANDUM

VEGETABLES

SCALLOPED CAULIFLOWER

½ lb. cheese.	Onion.
1 cooked cauliflower.	Salt and pepper.
4 green peppers.	Cream sauce.
1 can piementoes.	

Cut cauliflower and put in layers, peppers, cauliflowers, pimentoes, cheese and bread crumbs. Pour a cream sauce over and bake 20 minutes.

STUFFED SWEET POTATOES.

Select potatees of medium size, large enough for two portions when cut. Take small slice from each end so it will stand on this end when served. Bake until done. Cut in half crosswise; scoop out the inside into a bowl; season with butter, a sprinkle of sugar, a little sweet milk; add raisins and nuts, as many or as little as necessary. Refill shels, place in pan, reheat, serve hot.

An egg may be used if you wish the mixture extra rich. Use seeded raisins. This takes the place of candied potatoes and is a nice dish to serve on a luncheon plate.

MASHED SWEET POTATOES.

Bake or boil the amount of potatoes needed, three or four of medium size. When done peel and mash while hot; put in a good sized lump of butter, a pinch of salt and a small amount of milk, beat all together until light. Pile onto a baking dish and run into a hot oven until slightly browned over top and piping hot. This takes the place of candied potatoes. A bit of sugar and an egg may be added. This enriches the dish. If the potatoes are peeled and cut crosswise into half inch slices, they will cream well and the "strings" will not be noticeable. Some potatoes are more stringy than others.

BAKED SWEET POTATOES.

Select potatoes of uniform size, wash and trim ends. Rub ove each potato with a bit of cooking oil, place in pan bake in moderate oven until done. The time depends on the size of potato. When done put into a pan where they will keep just hot enough to prevent sweating, but to puff the skin and make the syrup. This is a very simple thing and sounds as though it is harder to do than it really is. Sometimes the yare peeled and sent to the table ready to serve. Most people prefer them quite hot and to peel them at table.

CANDIED YAMS.

4 good size potatoes.	1 c. of water (boiling).
1 c. of sugar.	2 tsp. of butter.

Method: Boil potatoes until about half done; peel and slice lengthwise, about one-third of an inch thick. Into a baking dish put a layer of potatoes, dot with butter and sprinkle with sugar until all is used; put in water and put sugar and butter onthe top. Bake until well done and syrup is thick, using a medium heat for baking. The amount of sugar would depend on how sweet one likes the dish. A lemon is sometimes sliced and baked with the potatoes; also an apple used is a different flavor. Use a little spice or not as desired. A smalll quantity of syrup used with the sugar is liked by many. About 30 to 40 minutes would be required to bake.

SWEET POTATOES BOILED

Use cold baked potatoees. Peel and slice half inch thick, dip lightly in dry flour, both sides. Into a skillet put just enough butter to broil and brown potatoes. Cook rather slowly in order that the juice and sugar in the potato with the butter will form a rich brown crust, kind of a caramel crust. Serve hot with broiled bacon or ham. Bacon dripping can be used for broiling if butter is to be used carefully. This is a breakfast dish.

STUFFED CELERY.

1 doz. selected stocks of celery not too large or long.
1 c. cottage cheese.
½ c. chopped pecan meats.
2 tbsp. of cream or milk.
Salt and pepper to taste.

Method: Prepare the pieces of celery, leaving the leaves on to look pretty. Trim pieces to make a uniform length. Moisten the cheese with the milk to make a stiff paste and season with salt and pepper. Fill the groves in celery with the cheese; roll into the chopped nuts; serve with a salad.

MASHED POTATOES FOR PIPING.

Boil potatoes and put through a ricer in order to free of any lumps. Season with butter and a little milk, beat until light and fluffy. Have the potatoes soft enough to use through the tube, and decorate the edge of plank or dish with other vegetables to cover and fill in the space. Sometimes as many as six vegetables are used on one plank. If you wish to brown the potatoes after they are on the plank, the yolks of several eggs are mixed with the potatoes before piping, then run into a hot oven to brown.

CREAMED POTATOES

Cut cold boiled potatoes into cubes. Serve very hot in a white sauce cosisting of the following ingredients. 1 cup milk, 2 tbsp. shortening, 2 tbsp. Roller Champion flour, salt and peper. Melt shortening in double boiler, add flour and stir until smooth. Add milk slowly and continue to cook until thick.

DELMONICO POTATOES

Arrange creamed potatoes with alternate layers of grated cheese in a buttered baking dish. Cover with buttered bread crumbs and brown.

OAK HILL POTATOES

Arrange craemed potatoes in a buttered baking dish in alternate layers with slices of hard boiled eggs. Cover with buttered crumbs and brown.

SPAGHETTI WITH TOMATO SAUCE

Cook spaghetti and serve very hot in following sauce:

1 c. tomatoes.	2 tbsp. Roller Champ. flour.
2 tbsp. shortening.	1 small sliced onion.
Pinch of soda.	Salt and black pepper.
Red pepper.	

Cook tomatoes with onion until soft. Add pinch of soda to prevent curdling. Melt shortening. Add flour and let brown slightly. Strain the tomatoes into butter mixture and cook until thick and smooth.

POTATO SOUFFLE

2 c. boiled mashed potatoes.	½ tsp. butter.
2 eggs.	Dash of pepper.
¼ c. milk.	

Stir yolks, butter, salt and pepper into the milk and add to the potatoes and beat until light. Fold in well beaten whites and bake in buttered baking dish.

DELMONICO POTATOES

Put potatoes with creamed sauce in a baking dish, alternating cheese with several spoonfuls of potatoes. Put the cheese on last. Dot over with butter and bake until brown.

GLAZED SWEET POTATOES

Wash and pare 6 medium-sized sweet potatoes. Cook in boiling salted water until soft. Drain and cut in halves and put in a buttered pan. Make a syrup by boiling together 3 minutes a half cup of sugar and 4 tbsp. of water with 1 tbsp. butter. Brush potatoes with syrup and bake until brown, basting twice.

BOSTON BAKED BEANS

Soak over night 1 pint of beans. In morning parboil until skins crack. In bowl mix two tbsp. sugar, ½ tsp. mustard, 1 tsp. salt, 2 tbsp. molasses, and water to cover beans. Put in good sized piece of salt meat and above ingredients, and bake all day.

MEXICAN RICE

Put piece of butter in casserole. Add half cup uncooked rice. Salt and butter to season. 1 cup tomatoes, 1 sweet pepper, 1 onion sliced, 2 cups of water. Cook in covered casserole 3-4 hour. Uncover and cook ¼ hour.

ITALIAN SPAGHETTI

1 lb. round steak.
½ lb. spaghetti.
1 c. grated cheese.
1 pint can tomatoes.
1 tsp. salt.
⅛ tsp. cayenne pepper.
Small onion, if liked.

Into a frying pan put two or three tbsp. cooking oil or drippings. Have very hot. Cut steak into portions suitable for serving. Sear quickly in the hot grease. When this is done pour in the can of tomatoes and allow to boil; then lower the fire and simmer one hour. When half done add salt, pepper and onion. If the sauce dries out too much add a cup of water. There should be about half a cup of the sauce when finished. At the same time put the spaghetti on in plenty of salted boiling water, and boil slowly for the same length of time. When all is done drain the spaghetti well. Have a hot platter; put a layer of spaghetti and a layer of cheese until all is used. Place the pieces of meat around the edge and pour the sauce over the spaghetti and the cheese. Garnish with parsley.

STUFFED PEPPERS

4 large peppers.
1 c. bread crumbs.
1 c. chopped tomatoes.
1 medium onion, chopped.
3-4 c. ground ham.
2 stalks celery or ⅛ tsp. celery seed.
2 tbsp. vinegar.
Salt and pepper to taste.

Cut pepper lengthwise and seed. Mix all ingredients wel, and put into pepper. Sprinkle with bread crumbs and put a small piece of butter on each. Bake in slow oven until the shell is soft.

SCALLOPED TOMATOES

½ c. tomatoes.
1 tsp. sugar.
⅛ tsp. pepper.
½ tsp. salt.
1 slice onion.
Cracker crumbs.

Drain some of the liquid from the tomatoes. Season with salt, pepper, onion and sugar. Cover bottom of buttered baking dish with cracker crumbs. Put tomatoes and cracker crumbs in alternate layers and top thickly with buttered crumbs. White sauce may be added. Bake in oven until brown. Corn, onions, cabbage, peas, etc., may be scalloped the same way, using thin white sauce for the starchy foods.

CREAMED CAULIFLOWER

Select cauliflower with white heaed and green leaves. Cut off the stalk and separatee flowers. Wash. Cook in boiling salted water uncovered until tender (about 20 minutes). Serve with white sauce. Grated cheese may be added to sauce or sprinkled on cauliflower.

STEAMED SPINACH

Wash spinach at least 6 times. Cook above boiling water which has been salted, until tender (about 30 minutes). Remove and cut in small pieces. Add butter, pepper and salt. Garnish with egg.

BOILED SPINACH

Prepare as above and cook in smallest possible amount of boiling water to keep it from burning. Must be stirred frequently. Serve as above and be sure the water is served with the spinach or utilized in some other way, as it is rich in iron.

SCALLOPED EGG PLANT

Pare egg plant and cut into cubes. Cook in small quantity of boiling salted water until soft. Drain. Cook 2 tbsp. shortening with half of small onion finely chopped about 3 or 4 minutes. Add 1 tbsp. of chopped parsley and cooked egg plant. Turn into buttered baking dish. Cover with buttered crumbs. Place in oven and brown.

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[illegible]

1 t Vanilla
1/2 C [illegible]
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